

---

(SL) Drop Step to Spring

x 6

1 - 3 sets

RDL

x 8 - 12

*1 - 2 Mins Rest*

Lateral Spring Back to Spring

x 6

1 - 3 sets

Lateral Step Up

x 8 - 12

*1 - 2 Mins Rest*

Drop Split Squat

x 6

1 - 3 sets

Forward Lunge (Eccentric)

x 6 - 8es

*1 - 2 Mins Rest*

Hollow Hold

---