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High Toe Hip Thrust

x 12

1 - 3 sets

Box Jump

x 6

1 - 2 Min Rest

Bulgarian Split Squat

x 12

1 - 3 sets

Jump Split Squat

x 6

1 - 2 Min Rest

Step Up

x 12

1 - 3 sets

SL Tuck

x 6

1 - 2 Min Rest

Ski Squat Jump

x 10

1 - 3 sets

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