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| --- | --- | --- |
| Lower Body Staircase | |  |
| **Exercise #** | **Exercise** | **Rest** |
| 1 | 10 x Floor Touch Squats | 30 Sec |
| 2 | 5 x Down Up Tuck Jumps | 30 Sec |
| 3 | 10 x Calf Raises | 30 Sec |
| 4 | 10 x 4 hop lunge Switch | 30 Sec |
| 5 | 20 x Glute Bridge Switches | 30 Sec |
| 6 | 20 x Kneel to Warrior Squat | 30 Sec |
| 7 | 10 x 1/4 turn Jump Squats | 30 Sec |
| 8 | 30 Second Wall Sit | 30 Sec |
| 9 | 20 x Assisted Pistol Squat (10 each leg) | 30 Sec |
| 10 | 20 x Fast Straight Leg Mini Jumps | 30 Sec |
| 11 | 5 x Boad Jumps (fast feet back) | 30 Sec |
| 12 | 40 x Pulse lunges (20 on each leg) | 30 Sec |

Session 16

Plan -

Round 1 – Exercise #1

Round 2 – Exercise #2 – 1

Round 3 – Exercise #3 – 1

Round 4 – Exercise #4 – 1

Round 5 – Exercise #5 – 1

Round 6 – Exercise #6 – 1

Round 7 – Exercise #7 – 1

Round 8 – Exercise #8 – 1

Round 9 – Exercise #9 – 1

Round 10 – Exercise #10 – 1

Round 11 – Exercise #11 – 1

Round 12 – Exercise #12 – 1

Additional 1 Minutes Rest Between Rounds