

Friday
week 6 & 8

LEGS & CARDIO

X jumps

Weighted step ups

Jump lunges

Tuck jumps

Sumo jump squats

Split squats

Weighted walking lunges

Broad jump burpees

CIRCUIT ONE

30
reps

X jumps (15 each side)



30
reps

Weighted step ups (15 each side)



40
reps

Jump lunges (20 each side)



15
reps

Tuck jumps (knees to elbows)



CIRCUIT TWO

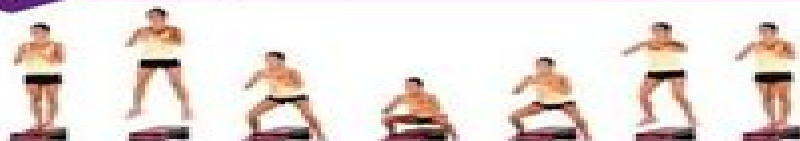
15
reps

Sumo jump squats



15
reps

Split squats



24
reps

Weighted walking lunges (12 per leg)



15
reps

Broad jump burpees (jump forward)



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