

Sumo Squats (Weighted)



Hold a dumb bell, pick a comfortable weight to start, in a vertical position as shown in figure 1. Legs spread just past shoulder width and toes pointed slightly outward. Squat down in a sitting position stopping as shown in figure 2. Try to keep knees from passing over your toes. Perform 3 sets using a 2 -3 count, with 40 seconds rest between.

Exercise: Sumo Squats (Weighted)

Rep	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Set 1 16						
Set 2 12						
Set 3 10						

BOSU Squats



Stand on the ball, feet apart, about shoulder width and heels close to center. Squat down as shown in picture. **Hold this position for 1 minute.** Repeat one set at a time between other exercises.

Exercise: BOSU Squats

Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6

Med Ball Squat to Shoulder Press



Start in a squat position, figure 1, with ball at chest. Make sure knees do not pass your toes. Stand up pressing the medicine ball straight up and return to the squat position with med ball back at chest. **Rotate with BOSU ball squats, three sets each.**

Exercise: Med Ball Squat to Shoulder Press

Set	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1	15						
2	15						
3	15						

THIS SHOULD FINISH OFF YOUR LEGS. BUT YOU STILL HAVE MORE LEFT THAN COMPLETE THE EXERCISE BELOW.



Bench Step-Ups



You can perform these on a bench as shown or steps at home. Leave one foot on the bench and step up and raise your knee as shown in figure 2. 40 second rests between sets.

Exercise: Bench Step Ups

	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Set 1	20						
Set 2	15						
Set 3	12						