

# DROP IT LIKE IT'S SQUAT

# WEEK 1

DAY ONE

EXERCISE	SETS	REPS	WEIGHT	REST
COSSACK SQUATS	3	10	BODYWEIGHT UP TO 8KG KB	30S
DOUBLE KB REVERSE LUNGES	3	10 TOTAL	2X6KG/8KG KB	60S
BACK SQUAT WAVES #1	1 1 1	6 4 2	60% 70% 75%	90S BETWEEN SETS
BACK SQUAT WAVES #2	1 1 1	6 4 2	70% 75% 80%	90S BETWEEN SETS
DB GLUTE BRIDGE	3	8	1x10KG/15KG DB	60S
HEEL CLAP SQUAT JUMPS	3	8	2X4KG/6KG KB	60S
HI PLANK TO LO SQUAT HOLD	3	8	BODYWEIGHT	60S

PLEASE FILM BIG LIFTS FOR ME TO CHECK OVER!  
SEND ME ANY QUESTIONS YOU HAVE.



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# WEEK 1

DAY TWO

EXERCISE	SETS	REPS	WEIGHT	REST
DBL KB ROMANIAN DEADLIFT	3	8 EACH LEG	2X6KG/8KG KB	45S
PRISONER GET UPS	3	8 EACH LEG	BODYWEIGHT TO LOW BOX	60S
STRAIGHT LEG DEADLIFT	3	8	60% OF 1RM DEADLIFT	60S
BANDED HAMSTRING CURL	3	10	MEDIUM BAND	60S
SUMO KB DEADLIIFT	3	10	75% OF HEAVIEST KB DEADLIFT	60S
KB SNATCH INTO FORWARD LUNGE	3	5 EACH SIDE	1X6KG/8KG KB	60S
LATERAL STEP UPS	3	8 EACH SIDE	MEDIUM BOX BODYWEIGHT	45S

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DAY THREE

EXERCISE	SETS	REPS	WEIGHT	REST
DBL DB DOWN UPS	3	8	2X4KG/6KG DBS	60S
FRONT SQUAT (SUB KB GOBLET SQUAT)	3	8	75% OF 1RM FRONT SQUAT	60S
KICKSTAND DB DEADLIFT	3	8 EACH LEG	2X12.5KG/15KG DBS	60S
SPLIT SQUAT BOX JUMPS	3	10	MEDIUM/LOW BOX BE EXPLOSIVE	45S
SINGLE LEG BOX GLUTE BRIDGE	3	8 EACH LEG	BODYWEIGHT	45S
DB THRUSTERS	3	10	2X6KG/8KG DBS	60S
LEG RAISES	3	10	BODYWEIGHT	45S

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