WOMEN'S LEG WORKOUT WITH EQUIPMENT

WARM UP	SETS	REPS
JUMP ROPE	2	2 MINUTES
MINI BAND MONSTER WALK	2	10 EACH WAY
MINI BAND FIRE HYDRANT	2	10 EACH LEG
MINI BAND SQUAT	3	12 REPS

IF YOU DO NOT HAVE A MINI BAND JUST DO THE EXERCISES WITHOUT IT

JUMP BROS

WOMENS LEG WORKOUT WITH EQUIPMENT

STRENGTH DAY	SETS	REPS
SQUATS	4	3
TRAP BAR DEADLIFT	4	3
BARBELL HIP THRUST	3	6
BARBELL LUNGES	3	12 TOTAL
SINGLE LEG DEADLIFT (WITH PLATES)	3	5 EACH LEG

JUMP BROS

IF YOU DO NOT HAVE ALL THE EQUIPMENT SIMPLY MODIFY IT TO SOMETHING YOU HAVE, BE CREATIVE!

WOMENS LEG WORKOUT WITH EQUIPMENT

SPEED/TENDON	SETS	REPS
SHUTTLE RUN	4	6 X 10 METERS
SQUATS FOR SPEED	4	4
TRAP BAR DL WITH JUMP	3	5
TRAP BAR DEADLIFT	3	5
SPEED		
BANDED SPRINT	2	15 SECONDS

JUMP BROS

KEEP THE WEIGHTS LIGHT ON THIS DAY FOCUS ON SPEED AND BEING EXPLOSIVE NOT STRENGTH!

WOMENS LEG WORKOUT WITH EQUIPMENT

WEIGHT PROGRESSION

The strength days should be heavier with the squats being 80% of 1 rep max. After a week increase the weight by 5%, after 3 weeks retest your max then reset. The same principle can be applied to the trap bar deadlift.

For the speed day the amount of weight is not important, we prioritize speed and quality reps.

JUMP BROS