

				Lower	
		Exercise	Sets/ Reps	Tempo	Weight
	Warm up	Trap Bar Jump	3x5	Explosive	W1.TBD
		(Front)Squat	8x5	Normal	W1/100 @8 W2/110 @8,5 W3/ front zercher 80 @6
	Back to back	Mobilty	if needed		
	Rest 45s	Step up	8x5 each	Normal	W1 25 @9 W3 25 @8 W3 15 controlled @6.5
	Rest 60s	Barbell Glute Bridge	3x10	Isometric	W1 150 @8 W2 170 @8,5 W3 200 @9
	Accesories	Abductor	3x12	Controlled	W3
	Accesories	Leg extension	3x15	Controlled	
	Rest for breathing	Back extension	3x Max	Pump	Bodyweight