

# ***Strength Training Program***

## *Exercises used in this order:*

- Back Squat
- Barbell Step-Up
- Cable Hip-Flexion
- Barbell Calf Raises

## *Sets and Repetitions:*

**Week 1:** 3 sets x 10-12 reps (75% of 1 RM)

**Week 2:** 3 sets x 8-10 reps (75-80% of 1 RM)

**Week 3:** 3 sets x 6 reps (80-85% of 1 RM)

**Week 4:** 3 sets x 5 reps (80-85% of 1 RM)

**Week 5:** 3 sets x 4 reps (90% of 1 RM)

**Week 6:** 3 sets x 4 reps (90% of 1 RM)

\*1RM (1 rep max)