



Name: \_\_\_\_\_

**A** Leg Training - Intermediate

Post-Workout - Corrective

			Date	Date	Date	Date
<b>Movement</b>	<b>Reps</b>	<b>Tempo</b>				
A1 Poliquin Step-Up	18-20	2110				
Rest	30 seconds (note: platform height should be mid-calf)					
A2 Seated Band Abduction	5-10	201-10				
Rest	30 seconds (note: knees should be held open for 10 seconds each rep)					

**B** Leg Training - Intermediate

Post-Workout - Corrective

			Date	Date	Date	Date
<b>Movement</b>	<b>Reps</b>	<b>Tempo</b>				
A1 Backwards Prowler/Sled Drag	80yds	XXXX				
Rest	30 seconds (note: use pulling straps held at arms length)					
A2 Isometric Back Extension	ALAP	XXXX				
Rest	45 seconds (note: hold the top of a back extension with the glutes and hamstrings flexed as long as possible)					

**C** Leg Training - Intermediate

Post-Workout - Corrective

			Date	Date	Date	Date
<b>Movement</b>	<b>Reps</b>	<b>Tempo</b>				
A1 Plank Leg Extension	18-20	2012				
Rest	30 seconds					
A2 Barbell Seated Good Morning	12-15	3110				
Rest	30 seconds					

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**ALL TOGETHER  
ALL STRONGER**