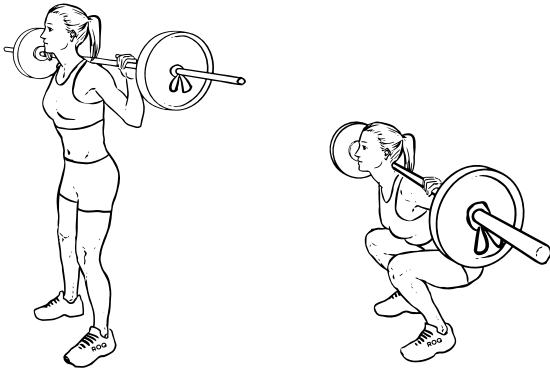


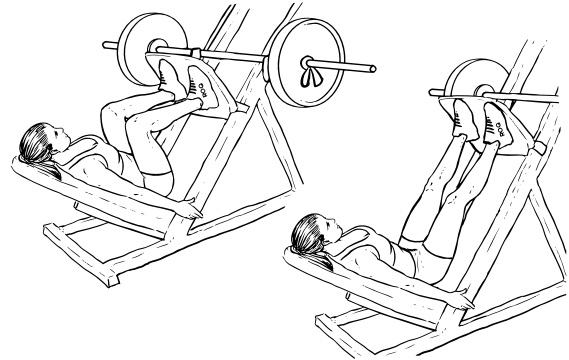
Off Season, WK 1-4, Days 2 & 4

Barbell Squat



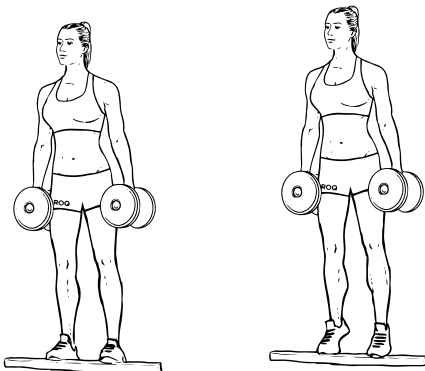
3 sets **20** reps

Leg Press / Machine Squat Press



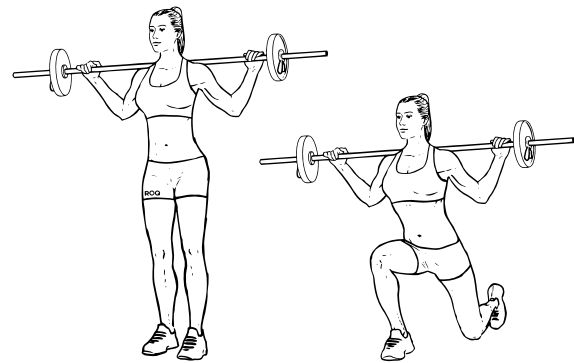
3 sets **20** reps

Standing Dumbbell Calf Raise



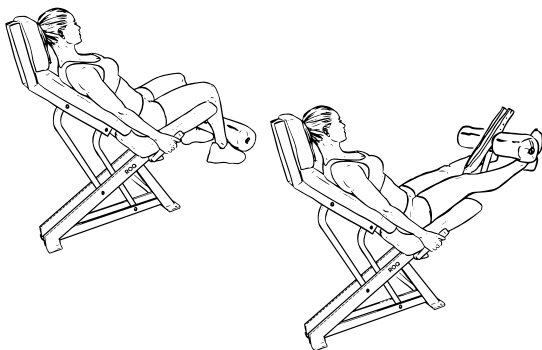
3 sets **20** reps

Barbell Lunge



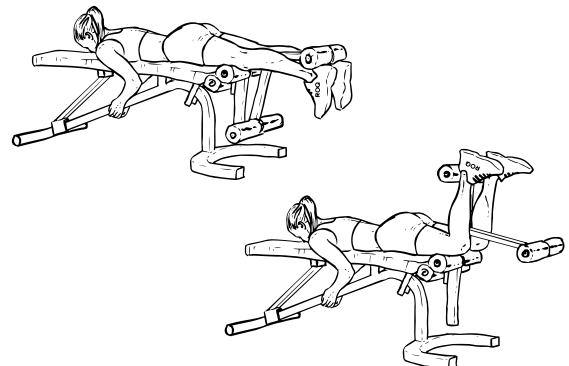
2 sets **20** reps

Seated Machine Leg Extensions



2 sets **20** reps

Lying Leg Curls



2 sets **20** reps