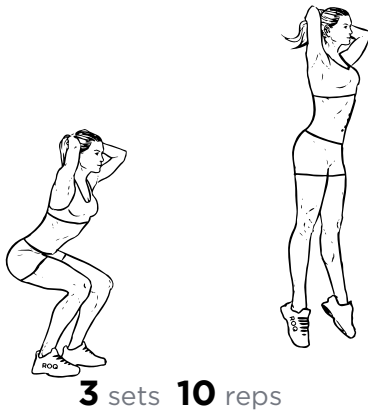
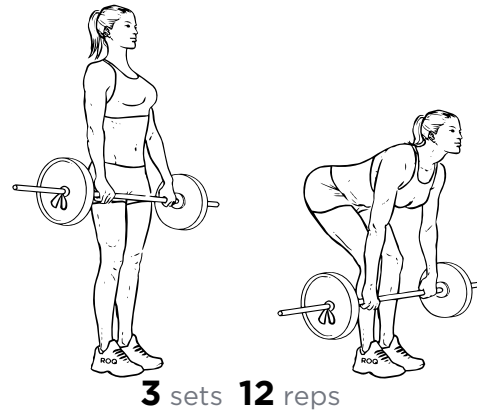


Off Season, WK 5-8, Days 1 & 3

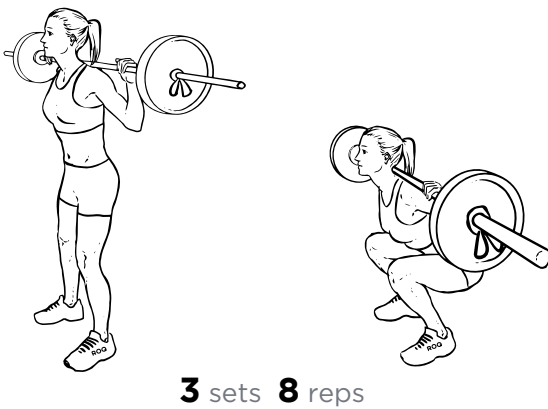
Jump Squat



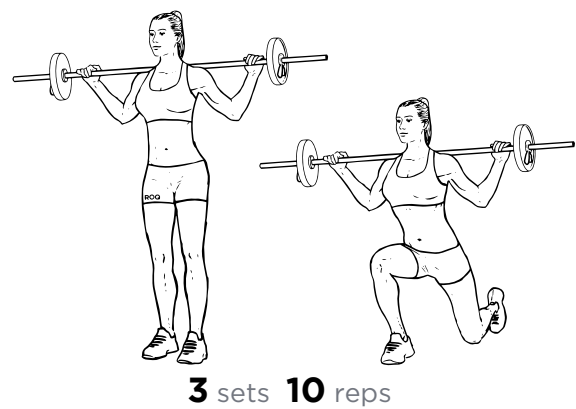
Barbell Deadlift



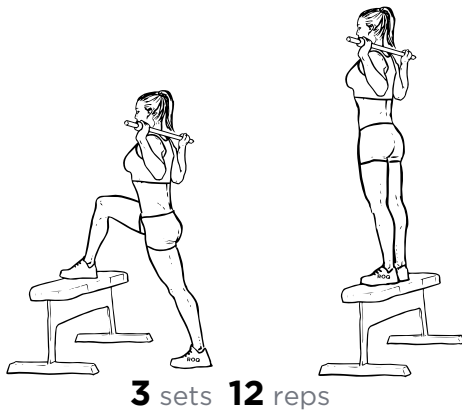
Barbell Squat



Barbell Lunge



Barbell Step-up



Standing Dumbbell Calf Raise

