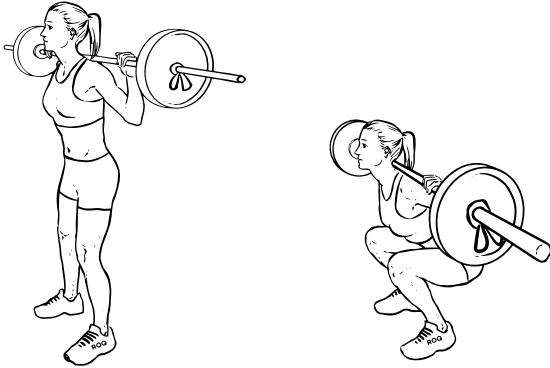


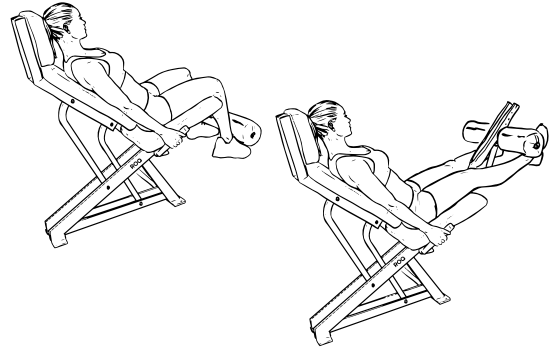
Off Season, WK 9-12, Days 2 & 4

Barbell Squat



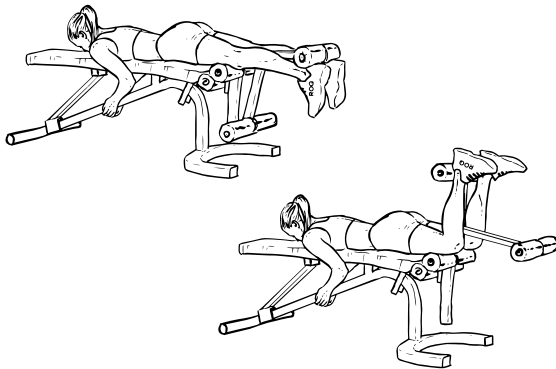
3 sets 25 reps

Seated Machine Leg Extensions



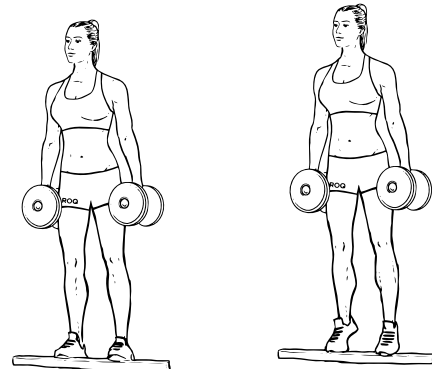
2 sets 25 reps

Lying Leg Curls



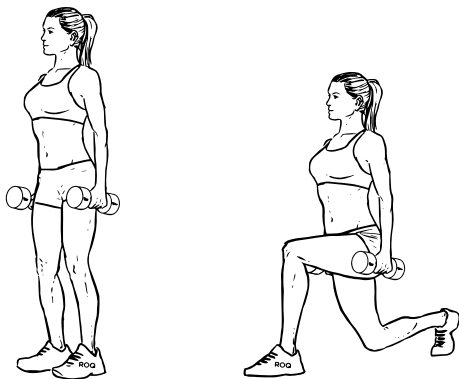
2 sets 25 reps

Standing Dumbbell Calf Raise



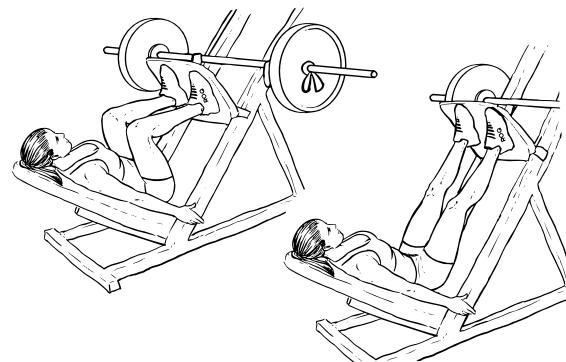
3 sets 25 reps

Dumbbell Lunges



2 sets 25 reps

Leg Press / Machine Squat Press



3 sets 25 reps