

## Squat Programme

Squat			
Set	Week 1	Week 2	Week 3
1	40% x 5	40% x 5	40% x 5
2	50% x 5	50% x 5	50% x 5
3	60% x 5	60% x 5	60% x 5
4	65% x 5	70% x 3	75% x 5
5	75% x 5	80% x 3	85% x 3
6	85% x 5+ (AMRAP)	90% x 3+ (AMRAP)	95% x 1+ (AMRAP)

Accessory - Pick 1 from A and 1 from B				
	Exercise	Week 1	Week 2	Week 3
A	Paused Goblet Squat	4 x 10-12	4 x 6-8	5 x 3-5
	Split Squat			
	BB Reverse Lunge			
	Barbell Hip Thrust			
B	Box Jump	3 x 5	4 x 5	5 x 5
	Broad Jump			

Week 4 = Test then repeat 3 week cycle