

				Day 1	Day 2	Day 3
				5 Sets	5 Sets	5 Sets
				3 Negative Step Ups @30x1	5 Pistols stood on box EL	3 Shrimp Squats EL
				Rest 30s	Rest 30s	Rest 30s
				8 KB FR Step Ups EL	12 KB FR Reverse Lunges @30x1	8 KB FR Split Squats EL
				Rest 90s - 2 minutes	Rest 90s - 2 minutes	Rest 90s - 2 minutes
				3 Sets	3 Sets	3 Sets
				5 Pistols to the Box EL	5 Band Assisted Pistols EL	5 Pistols to the Box EL
				Rest 30s	Rest 30s	Rest 30s
				20s Single Leg Wall Squat EL	30s GHD Superman Hold	3 Negative Step ups @30x1
				Rest 30s	Rest 30s	Rest 30s
				20s Bottom of Pistol Hold	30s Hamstring stretch in bottom of pistol	30s Single Leg Balance EL
				2-3 Sets	2-3 Sets	2-3 Sets
				30s Couch Stretch	30s Box Glute Stretch	30s Frog Stretch
				30s Band Distracted Ankle Stretch	30s DB Ankle Stretch	30s Bottom of pistol Hold
				30s Pancake Stretch	30s Cat Stretch	30s Band Distracted Hip stretch