



IAAPH

International Association for Athletic Performance & Health

The leg workout for advanced athletes consists of 5 compound resistance training exercises that can be used during the Integrated Strength training phase.

The goal is for the athlete to enhance neuromuscular system (kinetic chain) efficiency and improve glycolytic energy pathways.



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	Exercise	Sets	Reps	Rest (sec)	Duration
1	Lunge to Press	3	8	90	5m 42s
2	Deadlift to Upright Row	3	6	90	5m 24s
3	RDL to High Receive	3	8	90	5m 42s
4	Lateral Squat to Press	3	8	90	5m 42s
5	Lateral Lunge w. Barbell Rotation	3	8	60	4m 12s
6					
7				Total Duration:	26m 42s

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