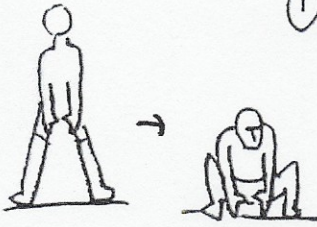


LE Strengthening Pre-Season for BHS

"Squatmania"

- Start w/ 2 trips. Progress to 3 when able

① Sumo Squat



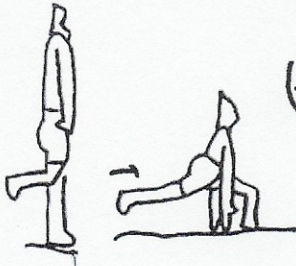
- wide base w/ toes out
- touch fingertip to floor
- 20 reps/circuit
- drop straight keeping back straight

⑥ Tuck Squat Hold



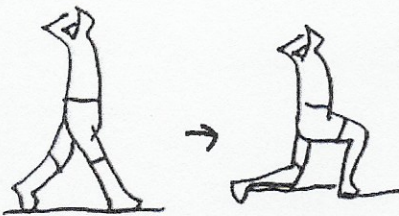
- Hold 60s - 90s/circuit

② Single Leg Squat Touch



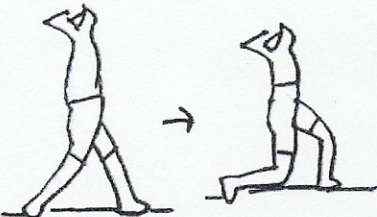
- touch finger tip to floor
- 15 reps / side / circuit

③ Split Squat (R) in front



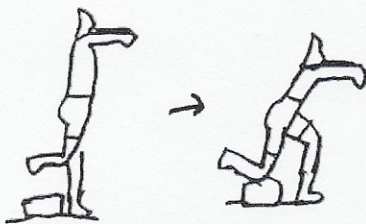
- tap rear knee to floor
- 15 per circuit
- drop straight down keeping back straight

④ Split Squat (L) in front



- tap rear knee to floor
- 15 per circuit
- drop straight down, keeping back straight

⑤ Superman Squat w/ Knee Tap



- Go as deep as you can
- Ultimate goal is to tap knee to floor. Start w/ 8-12" box
- 15-20 / side / circuit

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