

# DAY 01 TRACKING

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## LOWER BODY

- 3x10 Barbell Deadlift
- 3x10 Hip Thrust w/ Pulse
- 4x5 5-Pulse Goblet Squats
- 3x10 Knee Banded Clam Shells (each side)
- 3x8 3 Point Toe Taps (each side)
- 3 rounds of:
  - 12 Bench Jumps
  - 10 Explosive Step Ups (each side)

### PROGRESS TRACKING

WEEK 27	WEEK 28	WEEK 29	WEEK 30