









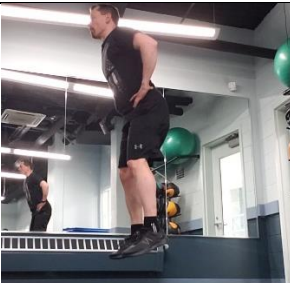


SAR Superlegs -series

- Leg endurance, strength and power -

LEVEL 1		
SQUAT x 10	LUNGE x 10	SQUAT JUMP x 10
		

LEVEL 2			
SQUAT x 10	LUNGE x 10	SPLIT JUMP x 10	SQUAT JUMP x 10
			

LEVEL 3			
SQUAT x 12-20	LUNGE x 12-20	SPLIT JUMP x 12-20	SQUAT JUMP x 12-20
			

LEVEL 4			
SQUAT x 20	LUNGE x 20	SPLIT JUMP x 20	SQUAT JUMP x 10
