TRI-SET (Main Sets)

AIM	EXERCISE / EQUIPMENT	RPE / VAS	EXERCISE DESCRIPTORS	LOAD PROGRESSION Session 1	Session 2	Session 3	Session 4
Strength (Endurance RS)	Hip abd	8	Repetition	12	12	15	15
			Tempo(sec)	1.2.2	1.2.1	1.2.1	1.2.1
			Sets(Inj>Uninj)	2:1	2:1	3:1	3:2
	Green +Blue loop tub	3	Rest (Reps: Sets)	0	0	0	0
			Intensity	Green +Blue	Green +Blue	Green +Blue	Green +Blue
Strength (Max Isometric)	Add iso push	8	Repetition	6	6	6	6
			Tempo(sec)	0:5:0	0:5:0	0:5:0	0:5:0
			Sets(Inj=Uninj)	2	2	3	3
	Pole	2	Rest	0:45	0:45	0:45	0:45
			Intensity	Pole	Pole	Pole	Pole and Calve raise

SINGLE SET (Main sets)

AIM	EXERCISE / EQUIPMENT	RPE / VAS	EXERCISE DESCRIPTORS	LOAD PROGRESSION Session 1	Session 2	Session 3	Session 4
Strength (Max Isometric)	SL leg press iso hold	8	Repetition	6	6	6	6
			Tempo(sec)	10	10	15	15
			Sets(Inj>Uninj)	3:1	3:1	3:1	3:1
	Machine	3	Rest (Reps: Sets)	0:60	0:60	0:45	0:45
			Intensity	50 kg	50 kg	60 kg	70 kg

TRI-SET (Main Sets)

AIM	EXERCISE / EQUIPMENT	RPE / VAS	EXERCISE DESCRIPTORS	LOAD PROGRESSION Session 1	Session 2	Session 3	Session 4
Strength (Functional - Integrated)	Lunge cable pull	7	Repetition	12	12	15	15
			Tempo(sec)	1.1.1.	1.1.1.	1.1.1.	1.1.1.
			Sets(Inj=Uninj)	3	3	3	3
	Cable	2	Rest (Reps: Sets)	0	0	0	0
			Intensity	4 BL	4 BL	4 BL	4 BL
Strength (Endurance BW)	Unilateral Bridge	7	Repetition	12	12	12	15
			Tempo(sec)	1.2.1	1.2.1	1.2.1	1.2.1
			Sets(Inj=Uninj)	3	3	3	3
	Step	2	Rest (Reps: Sets)	0	0	0	0
			Intensity	Single leg	Single leg	Single leg	Unilat
NMC (Dynamic Joint Stability)	Side bridge	6	Repetition	1	1	2	2
			Tempo(sec)	0:20	0:20	0:30	0:25
			Sets(Inj=Uninj)	3	3	3	3
	Green band	2	Rest (Reps: Sets)	0:60	0:60	0:60	0:60
			Intensity	Leg Lift	Leg Lift	Leg Lift	Leg Lift + Ext