

NewPTtestArmy.com

Level 1 - Beginner
Leg Tuck Workout



Super Set 1	Exercise	Sets	Reps	Rest
1a	Body Rows	5	8-5 reps	No Rest
1b	Rower	5	16 reps	2 Min
Super Set 2	Exercise	Sets	Reps	Rest
2a	Hang and Hold	3	60 seconds	No Rest
2b	Plank	3	60 seconds	2 Min
Finisher	Exercise	Sets	Reps	Rest
3	Farmer Walk w/ Towel	3	50 Yard Walk	60sec(0s if poss)

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Level 2 - Novice
Leg Tuck Workout



Super Set 1	Exercise	Sets	Reps	Rest
1a	Partner Jack Knife ChinUp	5	8-5	No Rest
1b	V-Up Army	5	16	2 min
Super Set 2	Exercise	Sets	Reps	Rest
2a	Alt Grip Negatives	3	5	No Rest
2b	Bicycles (Elbow to Knee)	3	16 (controlled)	2 min
Finisher	Exercise	Sets	Reps	Rest
3	Plate Pinchers	3	50 Yard Walk	60sec(0s if poss)

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**Level 3 - Intermediate
Leg Tuck Workout**



Super Set 1	Exercise	Sets	Reps	Rest
1a	Band Chin Up / Alt Grip	5	8-5	No Rest
1b	V-Up	5	16	2 min
Super Set 2	Exercise	Sets	Reps	Rest
2a	Knee Tuck Negatives	3	5	No Rest
2b	Leg Tuck and Twist	3	16 (controlled)	2 min
Finisher	Exercise	Sets	Reps	Rest
3	Farmer Walk w/ Towel	3	50 Yard Walk	60sec(0s if poss)

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**Level 4 - Advanced
Leg Tuck Workout**



Super Set 1	Exercise	Sets	Reps	Rest
1a	Leg Tucks	5	8-5	No Rest
1b	Wheel / BB Roll Outs	5	16	2 min
Super Set 2	Exercise	Sets	Reps	Rest
2a	Chin Up with Knee Tuck	3	5	No Rest
2b	Weighted V-Up	3	16 (controlled)	2 min
Finisher	Exercise	Sets	Reps	Rest
3	Plate Pinchers	3	50 Yard Walk	60sec(0s if poss)