

**ICON Performance Professional Sports & Fitness Consultants**  
**Core Lifts Strength and Conditioning**

---

**\*Low Box Squat Routine**

Cycle 1

\*ALL sets indicated are to be done for THREE to FIVE reps.

\*These are sumo stance squats on a 12" box

\*Can be used in conjunction with chains or bands

Max Lift: \_\_\_\_\_

\*Explosiveness is always a paramount goal!!

5x3-5

Week 1

Date: \_\_\_\_\_

1x5 - 44% \_\_\_\_\_  
1x5 - 52% \_\_\_\_\_  
1x3 - 60% \_\_\_\_\_  
1x3 - 66% \_\_\_\_\_  
1x5 - 44% \_\_\_\_\_

Week 2

Date: \_\_\_\_\_

1x5 - 44% \_\_\_\_\_  
1x5 - 55% \_\_\_\_\_  
1x3 - 64% \_\_\_\_\_  
1x3 - 70% \_\_\_\_\_  
1x5 - 44% \_\_\_\_\_

Week 3

Date: \_\_\_\_\_

1x5 - 44% \_\_\_\_\_  
1x5 - 55% \_\_\_\_\_  
1x3 - 64% \_\_\_\_\_  
1x3 - 70% \_\_\_\_\_  
1x5 - 44% \_\_\_\_\_

Week 4

Date: \_\_\_\_\_

1x5 - 49% \_\_\_\_\_  
1x3 - 66% \_\_\_\_\_  
1x3 - 75% \_\_\_\_\_  
2x5 - 49% \_\_\_\_\_

Week 5

Date: \_\_\_\_\_

1x5 - 49% \_\_\_\_\_  
1x3 - 66% \_\_\_\_\_  
1x3 - 77% \_\_\_\_\_  
1x3 - 71% \_\_\_\_\_  
1x5 - 49% \_\_\_\_\_

Week 6

Date: \_\_\_\_\_

1x5 - 49% \_\_\_\_\_  
1x3 - 68% \_\_\_\_\_  
1x3 - 80% \_\_\_\_\_  
1x5 - 55% \_\_\_\_\_  
1x5 - 49% \_\_\_\_\_