

reACT Sample 10 Week Program Progression

Week/s	Weekly Session #	Exercises	Speed	# Sets	Time per Set	W/R Ratio	Load
1	1	Basic Forward Squat	40	4	30 Seconds	1:2	BW
1	2	Basic Forward Squat	40	4	30 Seconds	1:2	BW
1	2	Side Squat	40	2	30 Seconds	1:2	BW
2 - 4	1	Basic Forward Squat	50	5	45 Seconds	1:1.5	BW
2 - 4	1	Side Squat	50	3	45 Seconds	1:1.5	BW
2-4	2	Basic Forward Squat	50	5	45 Seconds	1:1.5	BW
2-4	2	Side Squat	50	3	45 Seconds	1:1.5	BW
5 - 8	1	Basic Forward Squat	60	3	30 Seconds	1:2	25lbs
5 - 8	1	Side Squat	60	2	30 Seconds	1:2	25lbs
5 - 8	2	Basic Forward Squat	60	3	30 Seconds	1:2	25lbs
5 - 8	2	Side Squat	60	2	30 Seconds	1:2	25lbs
8 - 9	1	Single Leg Squat	60	4 each	30 Seconds	1:0 alt sides	BW
8-9	1	Side Squat	60	3	60 seconds	1:1.5	BW
8 - 9	2	Single Leg Squat	60	4 each	45 Seconds	1:2	BW
8 - 9	2	Side Squat	60	3	60 Seconds	1:1.5	BW
10	1	Single Leg Squat	70	2 each	30 Seconds	1:2	25lbs
10	1	Side Squat	70	2 each	30 Seconds	1:2	25lbs
10	2	Single Leg Squat	70	3 each	45 Seconds	1:2	25lbs
10	2	Side Squat	70	3 each	45 Seconds	1:2	25lbs

Legend: BW is bodyweight

W/R Ratio is Work/Rest Ratio so 1:1.5 means 1.5 times as much rest between sets of work

Load refers to external load with weighted vest

Time per Set is the duration of each work interval

Exercise - Basic Forward Squat, Staggered Stance, Full Lunge, Side Squat, Single Leg Squat