

Table 1. Bodyweight squat progression (a)

Subjects	First session		Second session		Third session		Fourth session	
	level	R × S	level	R × S	level	R × S	level	R × S
1	E/F/G/	12/10/8	E/F/G/	12/10/10/	E/F/G/	12/10/10/1	E/F/G/	12/10/10/1
	G/G/G	/8/8/8	G/G/G	10/10/8	G/G/G	0/10/10	G/G/G	0/10/10
2	E/F/G/	12/10/8	E/F/G/	12/10/10/	E/F/G/	12/10/10/1	E/F/G/	12/10/10/1
	G/G/G	/8/8/8	G/G/G	10/8/8	G/G/G	0//10	G/G/G	0/10/10
3	E/F/G/	12/10/8	E/F/G/	12/10/10/	E/F/G/	12/10/10/1	E/F/G/	12/10/10/1
	G/G/G	/8/8/8	G/G/G	10/10/8	G/G/G	0/10/10	G/G/G	0/10/10
4	E/F/G/	12/10/8	E/F/G/	12/10/10/	E/F/G/	12/10/10/1	E/F/G/	12/10/10/1
	G/G/G	/8/8/8	G/G/G	10/10/8	G/G/G	0/10/10	G/G/G	0/10/10
5	E/F/G/	12/10/8	E/F/G/	12/10/10/	E/F/G/	12/10/10/1	E/F/G/	12/10/10/1
	G/G/G	/8/8/8	G/G/G	10/10/8	G/G/G	0/10/10	G/G/G	0/10/10
6	E/F/G/	12/10/8	E/F/G/	12/10/10/	E/F/G/	12/10/10/1	E/F/G/	12/10/10/1
	G/G/G	/8/8/8	G/G/G	8/8/8	G/G/G	0/10/10	G/G/G	0/10/10

Table 1. Bodyweight squat progression (b)

Subjects	Fifth session		Sixth session		Seventh session		Eighth session	
	level	R × S	level	R × S	level	R × S	level	R × S
1	E/F/H/	12/10/6/1	F/G/H/	12/10/8/	F/G/H/	12/10/8/8/	F/G/H/	12/10/10/1
	G/G/G	0/10/10	H/H/H	8/8/8	H/H/H	8/8	H/H/H	0/10/10
2	F/G/H/	12/10/8/8	F/G/H/	12/10/10	F/G/H/	12/10/10/1	G/H/I/I/	12/10/8/8/
	H/H/H	/8/8	H/H/H	/8/8/8	H/H/H	0/10/10	I/I	8/8
3	F/G/H/	12/10/8/8	F/G/H/	12/10/10	F/G/H/	12/10/10/1	G/H/I/I/	12/10/8/8/
	H/H/H	/8/8	H/H/H	/8/8/8	H/H/H	0/10/10	I/I	8/8
4	F/G/H/	12/10/8/8	F/G/H/	12/10/10	F/G/H/	12/10/10/1	G/H/I/I/	12/10/8/8/
	H/H/H	/8/8	H/H/H	/10/8/8	H/H/H	0/10/10	I/I	8/8
5	E/F/H/	12/10/6/6	F/G/H/	12/10/8/	F/G/H/	12/10/10/1	F/G/H/	12/10/10/1
	H/G/G	/10/10	H/H/H	8/8/8	H/H/H	0/8/8	H/H/H	0/10/10
6	E/F/H/	12/10/6/1	F/G/H/	12/10/8/	F/G/H/	12/10/10/8	F/G/H/	12/10/10/1
	G/G/G	0/10/10	H/H/H	8/8/8	H/H/H	/8/8	H/H/H	0/10/10

Table 1. Bodyweight squat progression (c)

Subjects	Ninth session		Tenth session		Eleventh session		Twelfth session	
	level	R × S	level	R × S	level	R × S	level	R × S
1	F/G/I/G	12/10/6/1	F/G/I/I	12/10/8/8/1	G/H/I/	12/10/8/8/8	G/H/I/	12/10/10/
	/G/G	0/10/10	/G/G	0/10	I/I/I	/8	I/I/I	10/10/8
2	G/H/I/I/	12/10/10/	G/H/I/I	12/10/10/1	G/H/J	12/10/6/10/	G/H/J/	12/10/8/8/
	I/I	10/8/8	/I/I	0/10/10	/I/I/I	10/10	J/J/I	6/10
3	G/H/I/I/	12/10/10/	G/H/I/I	12/10/10/1	G/H/J	12/10/6/10/	G/H/J/	12/10/8/8/
	I/I	10/10/8	/I/I	0/10/10	/I/I/I	10/10	J/J/J	8/6
4	G/H/I/I/	12/10/10/	G/H/I/I	12/10/10/1	G/H/I/	12/10/10/1	G/H/J/	12/10/8/6/
	I/I	8/8/8	/I/I	0/10/8	I/I/I	0/10/10	J/I/I	10/10
5	G/H/I/I/	12/10/8/8/	G/H/I/I	12/10/10/1	G/H/I/	12/10/10/1	G/H/J/	12/10/6/1
	I/I	8/8	/I/I	0/10/8	I/I/I	0/10/10	I/I/I	0/10/10
6	E/F/I/I/	12/10/8/8/	G/H/I/I	12/10/10/1	G/H/I/	12/10/10/1	G/H/J/	12/10/6/1
	I/I	8/8	/I/I	0/8/8	I/I/I	0/10/10	I/I/I	0/10/10

Note: Repetitions × Sets = R × S; 1-6 represents each participant; E: Lunge, F: Bulgarian single leg squat, G: Skating squat; The table shows the training volume and movement level (A -J) completed by the 6 participants in the bodyweight squat group in the first four training sessions.

Table 2. Barbell back squat progression (a)

Subjects	First session		Second session		Third session		Fourth session	
	weight	R × S	weight	R × S	weight	R × S	weight	R × S
1	30/32/34/3	12/10/9	30/32/34/3	12/10/9	30/32/34/3	12/10/10/1	30/32/34/3	12/10/10/1
	4/34/34	/9/8/8	4/34/34	/9/9/9	4/34/34	0/10/10	4/34/34	0/10/10
2	40/44/46/4	12/10/9	40/44/46/4	12/10/9	40/44/46/4	12/10/10/1	40/44/46/4	12/10/10/1
	6/46/46	/9/8/8	6/46/46	/9/9/9	6/46/46	0/10/10	6/46/46	0/10/10
3	40/44/46/4	12/10/9	40/44/46/4	12/10/9	40/44/46/4	12/10/10/1	40/44/46/4	12/10/10/1
	6/46/46	/8/8/8	6/46/46	/9/9/9	6/46/46	0/10/10	6/46/46	0/10/10
4	46/50/54/5	12/10/9	46/50/54/5	12/10/9	46/50/54/5	12/10/10/1	46/50/54/5	12/10/10/1
	4/54/54	/8/8/8	4/54/54	/9/9/9	4/54/54	0/10/10	4/54/54	0/10/10
5	40/44/46/4	12/10/9	40/44/46/4	12/10/9	40/44/46/4	12/10/10/1	40/44/46/4	12/10/10/1
	6/46/46	/9/8/8	6/46/46	/9/9/9	6/46/46	0/10/10	6/46/46	0/10/10
6	40/44/46/4	12/10/9	40/44/46/4	12/10/9	40/44/46/4	12/10/10/1	40/44/46/4	12/10/10/1
	6/46/46	/9/8/8	6/46/46	/9/9/9	6/46/46	0/10/10	6/46/46	0/10/10
7	50/56/60/6	12/10/9	50/56/60/6	12/10/9	50/56/60/6	12/10/10/1	50/56/60/6	12/10/10/1
	0/60/60	/8/8/8	0/60/60	/9/9/9	0/60/60	0/10/10	0/60/60	0/10/10

Table 2. Barbell back squat progression (b)

Subjects	First session		Second session		Third session		Fourth session	
	weight	R × S	weight	R × S	weight	R × S	weight	R × S
	1	32.5/34.5/3 6.5/36.5/36 .5/36.5	12/10/ 8/8/8/8	32.5/34.5/3 6.5/36.5/36 .5/36.5	12/10/ 9/9/9/ 9	32.5/34.5/ 36.5/36.5/ 36.5/36.5	12/10/10 /10/10/1 0	35/37/39/3 9/39/39
2	42.5/46.5/4 8.5/48.5/48 .5/48.5	12/10/ 8/8/8/8	42.5/46.5/4 8.5/48.5/48 .5/48.5	12/10/ 9/9/9/ 9	42.5/46.5/ 48.5/48.5/ 48.5/48.5	12/10/10 /10/10/1 0	45/49/51/4 8.5/48.5/48 .5	12/10/5/10 /7/7
3	42.5/46.5/4 8.5/48.5/48 .5/48.5	12/10/ 8/8/8/8	42.5/46.5/4 8.5/48.5/48 .5/48.5	12/10/ 9/9/9/ 9	42.5/46.5/ 48.5/48.5/ 48.5/48.5	12/10/10 /10/10/1 0	46.5/48.5/5 1/51/48.5/4 8.5	12/10/8/7/ 8/8
4	48.5/52.5/5 6.5/56.5/56 .5/56.5	12/10/ 8/8/8/8	48.5/52.5/5 6.5/56.5/56 .5/56.5	12/10/ 9/9/9/ 9	48.5/52.5/ 56.5/56.5/ 56.5/56.5	12/10/10 /10/10/1 0	51/55/59/5 9/59/56.5	12/10/8/8/ 6/8
5	42.5/46.5/4 8.5/48.5/48 .5/48.5	12/10/ 8/8/8/8	42.5/46.5/4 8.5/48.5/48 .5/48.5	12/10/ 9/9/9/ 9	42.5/46.5/ 48.5/48.5/ 48.5/48.5	12/10/10 /10/10/1 0	42.5/46.5/4 8.5/48.5/48 .5/48.5	12/10/10/1 0/10/9
6	42.5/46.5/4 8.5/48.5/48 .5/48.5	12/10/ 8/8/8/8	42.5/46.5/4 8.5/48.5/48 .5/48.5	12/10/ 9/9/9/ 9	42.5/46.5/ 48.5/48.5/ 48.5/48.5	12/10/10 /10/10/1 0	45/49/51/5 1/51/51	12/10/8/8/ 8/8
7	52.5/58.5/6 2.5/62.5/62 .5/62.5	12/10/ 8/8/8/8	52.5/58.5/6 2.5/62.5/62 .5/62.5	12/10/ 9/9/9/ 9	52.5/58.5/ 62.5/62.5/ 62.5/62.5	12/10/10 /10/10/1 0	55/61/65/6 2.5/62.5/62 .5	12/10/6/10 /10/10

Table 2. Barbell back squat progression (c)

Subjects	First session		Second session		Third session		Fourth session	
	weight	R × S	weight	R × S	weight	R × S	weight	R × S
	1	35/37/39/39/ 39/39	12/10/9 /8/8/8	35/37/39/39 /39/39	12/10/10/ 10/10/10	37.5/39.5/ 41.5/41.5/ 41.5/41.5	12/10/8/8 /8/6	37.5/39.5/ 41.5/41.5/ 41.5/41.5
2	45/49/51/48. 5/48.5/48.5	12/10/6 /7/7/5	45/49/51/51 /51/51	12/10/8/8 /8/6	45/49/51/ 51/51/51	12/10/9/9 /8/8	45/49/51/ 51/51/51	12/10/8/1 0/10/10
3	46.5/48.5/51 /51/51/51	12/10/1 0/8/8/8	46.5/48.5/5 1/51/51/51	12/10/10/ 10/10/10	49/51/53. 5/53.5/51/ 51	12/10/8/7 /10/9	49/51/53.5 /53.5/53.5 /53.5	12/10/8/8 /8/6

4	51/55/59/59/	12/10/8	51/55/59/59	12/10/10/	51/55/59/	12/10/10/	53.5/57.5/	12/10/8/8
	59/59	/8/8/8	/59/59	10/10/8	59/59/59	10/10/10	61.5/61.5/	/8/7
5	42.5/46.5/48	12/10/1	45/49/51/51	12/10/8/8	45/49/51/	12/10/8/8	45/49/51/	12/10/9/9
	.5/48.5/48.5/	0/10/10	/51/48.5	/7/9	51/51/51	/8/8	51/51/51	/8/9
6	45/49/51/51/	12/10/8	45/49/51/51	12/10/9/9	45/49/51/	12/10/10/	45/49/51/	12/10/10/
	51/51	/8/8/7	/51/51	/8/8	51/51/51	10/10/8	51/51/51	10/10/10
7	55/61/65/65/	12/10/8	55/61/65/65	12/10/9/1	55/61/65/	12/10/10/	55/61/65/	12/10/10/
	65/62.5	/8/6/10	/65/65	0/8/8	65/65/65	10/10/8	65/65/65	10/10/10
