

Strength 1

#	Exercise
1	Goblet squat / BB back squat https://youtube.com/shorts/bWKefN8jIFM?feature=share
2	DB / BB bent over row https://youtube.com/shorts/kac9qta2qc4?feature=share
3	DB split squat (left leg, right leg = 1 set) https://youtube.com/shorts/efXskLFDSMo?feature=share
4	Pallof press https://www.youtube.com/shorts/na4LFhayaBk
5	DB / BB romanian deadlift https://www.youtube.com/shorts/ew-NblaOJ1Q
6	KB pull throughs https://www.youtube.com/shorts/iFJ-vSZby9E

3 sets of each exercise with as many reps as possible (but leaving 2-3 left in reserve on each set). 2-3 minute break in between sets. Finish all 3 sets of one exercise before moving onto next.