

Strength 2

#	Exercise
1	BB back squat https://www.youtube.com/shorts/up1MavrafXY
2	BB push press https://www.youtube.com/shorts/3Ck6-0RVN4Y
3	RFE split squat (left leg, right leg = 1 set) https://www.youtube.com/shorts/Fx2yRspdEWo
4	DB release box jumps https://www.youtube.com/watch?v=DXtAq1YX4lw
5	Single leg DB glute bridge https://www.youtube.com/shorts/1d88ymMXjOk
6	Plank saw on yoga ball https://www.youtube.com/watch?v=JoungrWAao8

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.