

### Strength 3

#	Exercise
1	BB back squat <a href="https://www.youtube.com/shorts/up1MavrafXY">https://www.youtube.com/shorts/up1MavrafXY</a>
2	DB / BB bent over row <a href="https://youtube.com/shorts/kac9qta2qc4?feature=share">https://youtube.com/shorts/kac9qta2qc4?feature=share</a>
3	BB reverse lunge (left leg, right leg = 1 set) <a href="https://www.youtube.com/shorts/ORzsTuHO9x0">https://www.youtube.com/shorts/ORzsTuHO9x0</a>
4	Cable straight arm rotations (left leg, right leg = 1 set) <a href="https://www.youtube.com/shorts/b13bS26Y5RQ">https://www.youtube.com/shorts/b13bS26Y5RQ</a>
5	DB / BB romanian deadlift <a href="https://www.youtube.com/shorts/ew-NblaOJ1Q">https://www.youtube.com/shorts/ew-NblaOJ1Q</a>
6	KB pull throughs <a href="https://www.youtube.com/shorts/iFJ-vSZby9E">https://www.youtube.com/shorts/iFJ-vSZby9E</a>

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.