

Strength circuit 2

#	Exercise	Reps/Load	Link	Comment
1	DB row in bear crawl left arm	10 reps	https://youtube.com/shorts/mOdGhiUMFrS?feature=share	Keep balance and try to keep hips low
2	DB row in bear crawl right arm	10 reps	https://youtube.com/shorts/mOdGhiUMFrS?feature=share	Keep balance and try to keep hips low
3	Reverse DB lunge left leg	15 reps	https://youtube.com/shorts/JJ4gFtV1Q4k?feature=share	Controlled down, explosive up
4	Reverse DB lunge right leg	15 reps	https://youtube.com/shorts/JJ4gFtV1Q4k?feature=share	Controlled down, explosive up
5	Supported DB in/outs	15 reps	https://youtube.com/shorts/ZzxkFTvc9d0?feature=share	
6	Wall sit + heel elevation	60 seconds	https://youtube.com/shorts/6r32UcawFqc?feature=share	Move heels constantly up and down

Do each exercise with as little break as possible one after another. In between circles rest 3 minutes. Do 3-4 circles.