

Strength circuit 3

#	Exercise	Reps/Load	Link	Comment
1	Single leg romanian deadlift w/ DB left leg	12 reps	https://youtube.com/shorts/mOdGhiUMFrS?feature=share	Keep balance and try not to put moving leg on the ground
2	Single leg romanian deadlift w/ DB right leg	12 reps	https://youtube.com/shorts/mOdGhiUMFrS?feature=share	Keep balance and try not to put moving leg on the ground
3	DB goblet squat	15 reps	https://youtube.com/shorts/bWKefN8ilFM?feature=share	Controlled down, explosive up
4	Lying chops w/ DB	20 reps	https://youtu.be/a0_m_X6QapM	Alternating sides
5	Bent over DB row	15 reps	https://youtube.com/shorts/kac9qta2qc4?feature=share	Maintain tension in core
6	Wall sit + heel elevation	60 seconds	https://youtube.com/shorts/6r32UcawFgc?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.