

MOBILITY

90s/90s Couch Stretch
 90s/90s Pigeon Stretch
 Open Gate (10m)
 Close Gate (10m)
 Heel Walking (10m)
 Toe Walking (10m)
 Walking Lunges (10m)
 Reverse Lunges (10m)
 Lateral Lunges (10m)

DYNAMIC

High Knees (10m)
 Butt kicks (10m)
 Punter Kicks (10m)
 Forward Skips (10m)
 Backward Skips (10m)
 Lateral Side Shuffle Down (10m)
 Lateral Side Shuffle Back (10m)
 2x:
 10 Squats
 10 Push Ups

ARMS

DB Bicep Curls - Hammer
 DB Tricep Kickbacks

 DB Bicep Curls - Lateral
 DB Skull Crushers

 DB Bicep Curls - Palm Down
 Bodyweight Dips

 DB Bicep Curls - Palm Up
 DB Overhead Tricep Ext.

SHOULDERS

DB "Empty Can" (light DB)
 DB Overhead Press (seated)

 DB Lateral Raises
 DB Upright Row

 DB Anterior Raise
 DB Rear Delt (bent over)

CHEST & BACK

DB Bench/Floor Press
 DB Single Arm DB Row

 DB Flies
 DB Palm Up Bent Over Row

 Push Ups
 Supermans

LEGS

DB Squats
 DB Roman Deadlifts (straight legs)

 DB Lunges (Forward, Backward, Lateral)
 DB Deadlift

 DB Calf Raises
 DB Sumo Squats

 DB Swings
 DB Coresack or Curtsy Lunges

ABS

DB Sit Ups (sit up moving the DB from above the head to feet, then from feet to overhead with next sit up)

 DB Russian Twist (moving DB from side to side of body)

 DB Russian SitUp (sit Up then move DB from one side of body to next, repeat)

 DB Table Top (prone w/ feet in table top supporting DB, perform sit up or crunch)