

KB Goblet Squats **Sets:** 4 | **Reps:** 6 | **Load:** 70-80% of Max | **Rest:** 1 minute | **Tempo:** Controlled |
Intensity: Moderate-High

<https://youtu.be/PDZAewyODzw>



Skull Crushers **Sets:** 4 | **Reps:** 8 | **Load:** 60% of Max | **Rest:** 1 minute | **Tempo:** Controlled |
Intensity: Moderate

<https://youtu.be/vRZIJbXHMC4>



KB Deadlift From Elevated Surface **Sets:** 4 | **Reps:** 6 | **Load:** 70-80% of Max | **Rest:** 1 minute |
Tempo: Controlled | **Intensity:** Moderate

<https://youtu.be/edcjPr8HDlc>



Thread The Needle Plank **Sets:** 4 (2 each side) | **Reps:** 8 | **Load:** Moderate | **Rest:** 30 seconds |
Tempo: Controlled | **Intensity:** Moderate

<https://youtu.be/-bjyDiOyZ20>



3pt Skater Stride with Band **Sets:** 4 | **Reps:** 3/side | **Load:** Moderate | **Rest:** 30 seconds |
Tempo: Controlled | **Intensity:** Moderate

<https://youtu.be/0qyJODAN4DE>



Ant-Lat DB Raise **Sets:** 4 | **Reps:** 10 | **Load:** 60% of Max | **Rest:** 1 minute | **Tempo:** Controlled |
Intensity: Moderate

<https://youtu.be/odX5nAmQhjA>



**4pt Opposite Arm-Leg
with Tubing**

Sets: 4 (2 each side)
Tempo: Controlled

Reps: 12-20 | **Load:** Moderate
Intensity: Moderate

Rest: 30 seconds

https://youtu.be/_YBX8CyBewg

