

KB Side Step Up **Sets:** 4 | **Reps:** 6/side | **Load:** 60-70% of Max | **Rest:** 1 minute | **Tempo:** Controlled |
Intensity: Moderate

<https://youtu.be/NZat0kFW51w>



Split Stance SA Row **Sets:** 4 | **Reps:** 6/side | **Load:** Moderate | **Rest:** 1 minute | **Tempo:** Controlled |
Intensity: Moderate

<https://youtu.be/op8Q2-oVK9Y>



Dive Bomber **Sets:** 4 | **Reps:** 10 | **Load:** Body Weight | **Rest:** 30 seconds | **Tempo:** Controlled |
Intensity: Moderate

<https://youtu.be/2Num7LDMack>



SL KB Deadlift **Sets:** 4 | **Reps:** 6/side | **Load:** 60% of Max | **Rest:** 1 minute | **Tempo:** Controlled |
Intensity: Moderate

<https://youtu.be/6axJoQ7bGN0>



Split Stance Bent Over Fly **Sets:** 4 | **Reps:** 8 | **Load:** 60% of Max | **Rest:** 1 minute | **Tempo:** Controlled |
Intensity: Moderate

<https://youtu.be/dptXB-7o3U8>



RNT Single Leg Bridge **Sets:** 4 | **Reps:** 6/side | **Load:** Body Weight | **Rest:** 30 seconds |
Tempo: Controlled | **Intensity:** Moderate

<https://youtu.be/lx9zp0W0wMg>



SL Deadlift SA Cable Row **Sets:** 4 | **Reps:** 6/side | **Load:** 60% of Max | **Rest:** 1 minute |
Tempo: Controlled | **Intensity:** Moderate

<https://youtu.be/6GowdrRehPA>

