

Title	VideoUrl	Instructions
90 Degree Iso Chin Up Hold	https://youtu.be/cUNOhNDgPp4	Set up on a pull-up bar with palms facing you and hands shoulder-width apart. Lift yourself into the top position of a chin-up, with your chin over the bar. Hold your body at a 90-degree angle, with forearms perpendicular to the ground. Engage your core, back, and biceps to maintain the isometric hold. Hold the position for the desired duration.
90-90	https://youtu.be/RFN526zhkk	Sit on the ground with one knee bent at a 90-degree angle in front of you and the other bent behind you at a 90-degree angle. Keep your back straight and your chest lifted throughout the movement. Rotate your hips to square them with your front leg. Lean forward slightly, feeling a stretch in your hips. Hold for the desired duration, then switch sides.
90-90 to Lunge	https://youtu.be/TxwRE_voSTU	Start in a 90-degree seated position with front knee and hip bent at 90 degrees, back knee and hip also at 90 degrees. Rotate hips to the front, keeping spine tall and shoulders back. Lean forward into a lunge, ensuring front knee does not pass toes. Push back to starting position, maintaining control and balance throughout. Repeat on the other side.
Ab Wheel	https://youtu.be/BOLfwrnFBY	Kneel on the floor with the ab wheel in front of you. Hold the handles with both hands and place them shoulder-width apart. Engage your core and slowly roll the wheel forward, extending your arms and lowering your torso towards the ground. Keep your back straight and avoid arching or sagging. Once you feel a stretch in your abs, pause briefly, then use your core muscles to roll the wheel back to the starting position.
Air Squat	https://youtu.be/xP1xrUwmxg	Stand tall with your feet shoulder-width apart or slightly wider. Your toes should be pointing slightly outward. Begin the movement by hinging your hips, pushing your butt back as if sitting in a chair. Aim to lower your body until your thighs are at least parallel to the floor. Go deeper if your mobility allows, but not at the expense of form or comfort. Push through your heels to stand back up, straightening your hips and knees. Lower your arms back to your sides.
Alternating DB Bent Over Row	https://youtu.be/7MI7GzTLZA	Stand with feet hip-width apart, holding a dumbbell in each hand. Hinge at the hips, keeping your back straight. Row the right dumbbell towards your hip, squeezing your shoulder blade. Lower the right dumbbell with control and row the left dumbbell. Continue alternating rows, engaging your back muscles evenly.
Alternating DB Floor Press	https://youtu.be/y01obIAT1ql	Lie on your back with a dumbbell in each hand. Start with arms extended, palms facing forward. Lower one dumbbell to the side while keeping the other up. Press the lowered dumbbell back up, then switch sides. Alternate arms for a controlled floor press
Alternating DB Hammer Curl	https://youtu.be/DcavD8oq_lg	Stand up straight with a dumbbell in each hand, arms fully extended, and palms facing your torso. Keep your elbows close to your torso at all times. Do not use your back or shoulders to lift the weights; your biceps should do all the work, bending at the elbows. Curl one weight while keeping the palms of the hands in a neutral position (like holding a hammer). Continue to raise the weight until the biceps are fully contracted and the dumbbell is at shoulder level. Lower the dumbbell back down slowly to the starting position. Repeat the movement with the other arm.
Alternating DB Lunge	https://youtu.be/OIYqUY3yx4	Hold dumbbells in each hand at your sides. Take a step forward with one leg into a lunge. Lower your body, bending both knees. Push off the front foot to return to the starting position. Alternate legs with each lunge, maintaining balance.
Alternating DB Press	https://youtu.be/oGZbB67Ff6Q	Sit or stand with a dumbbell in each hand at shoulder height. Press one dumbbell overhead while keeping the other at shoulder height. Lower the pressed dumbbell back to the shoulder. Repeat the press with the opposite arm. Alternate between arms, maintaining control and stability.
Alternating Foot Jump Rope	https://youtu.be/ZHQ1XA_vMyM	Hold jump rope handles with palms facing forward. Jump off the ground, alternating feet with each jump. Keep elbows close to the body and wrists rotating smoothly. Land softly on the balls of your feet.
Alternating Heel Touch	https://youtu.be/dqD4AU4yR0	Lie on your back with legs raised. Reach for your right heel with your right hand. Lower upper body and touch left heel with left hand. Engage core, and keep alternating heel touches. Maintain a controlled and rhythmic movement.
Alternating Incline DB Curl	https://youtu.be/IDRIUKikRzk	Sit on an incline bench with a dumbbell in each hand. Let arms hang straight, palms facing forward. Curl one dumbbell towards the shoulder. Lower it with control, then alternate sides. Keep elbows steady, emphasizing each bicep contraction.
Alternating KB Hang Clean	https://youtu.be/pzyXd0mP9aw	Stand with a kettlebell between your feet. Hinge at the hips, grab the kettlebell with one hand. Clean the kettlebell to shoulder height in one fluid motion. Lower the kettlebell back down, then switch hands. Maintain a straight back and engage core muscles throughout.
Alternating KB Lunge	https://youtu.be/6TIQOp2lkg	Stand tall with kettlebells in hand, arms at sides. Take a step forward with one foot, lowering your body into a lunge position. Keep your back straight and chest up. Push through the front heel to return to standing. Alternate legs with each repetition, maintaining control and balance.
Alternating KB Press	https://youtu.be/nKQ_lCz4u-g	Hold a kettlebell in each hand at shoulder height. Press one kettlebell overhead while keeping the other at shoulder height. Lower the pressed kettlebell back to the shoulder. Repeat the press with the opposite arm. Alternate between arms, maintaining control and stability.
Alternating KB Row	https://youtu.be/Fzpyja7vxb8	Stand with feet hip-width apart, holding a kettlebell in each hand. Hinge at the hips, keeping your back straight. Row the kettlebell to your hip, keeping your elbow close to your body. Lower the kettlebell with control. Continue alternating arms that pull the kettlebell.

Alternating Leg Swing	https://youtu.be/x3TvQvCp7JU	Stand with feet shoulder-width apart. Lift one leg forward, then swing it back. Repeat with the other leg in a controlled motion. Engage core muscles for balance and stability. Maintain a steady rhythm while alternating leg swings.
Alternating Reverse DB Lunge	https://youtu.be/o6ceMQMCtyA	Stand tall with feet hip-width apart and your hands at your sides or on your hips. Take a step back with your right foot, landing on the ball of your foot and keeping your heel off the ground. Lower your body until your thigh is parallel to the floor and your shin is vertical. Your back knee should hover just above the floor. Push through the ball of your foot to return to your starting position. Repeat the movement with the other leg.
Alternating Superman	https://youtu.be/k9Byu2mGOjs	Lie face down on the mat. Extend right arm and left leg off the ground. Hold briefly, engaging lower back and glutes. Lower arm and leg, then switch sides. Alternate Superman lifts to strengthen back muscles.
American KB Swing	https://youtu.be/FNZkUY9SrIM	Stand over the kettlebell with feet hip-width apart. Squat down and grasp the kettlebell handle with both hands, palms facing you. Begin the swing by hinging at the hips, pushing your hips back while the kettlebell swings back between your legs. Drive your hips forward and straighten your body. The power generated from this movement should drive the kettlebell upward. Swing the kettlebell all the way overhead until the bottom of the kettlebell is facing up. Your arms should be near your ears and your wrists straight. Let the kettlebell swing back down in a controlled manner, guiding it back down the same path it came up.
Anderson Squat	https://youtu.be/9b_ODRELW5w	Set the barbell on a squat rack at a low position, just above knee level. Approach the bar and position yourself underneath it with feet shoulder-width apart. Lift the bar off the rack and step back, ensuring it's securely resting on your shoulders. Descend into a squat position, lowering until your thighs are parallel to the ground or slightly below. Pause briefly at the bottom, then drive through your heels to return to the starting position.
Ankle Roll	https://youtu.be/_TF8GQm51-I	Sit with one leg crossed over the other. Rotate ankle in a circular motion. Switch to the other ankle and repeat.
Archer Pull Up	https://youtu.be/0BVoquLf8qw	Begin by gripping a pull-up bar with one hand in an overhand grip (palms facing away) and the other hand extended straight out to the side. Pull yourself up towards the hand holding the bar while keeping the other arm straight. Lower yourself down with control. Repeat on the opposite side, alternating arms with each repetition.
Archer Push Up	https://youtu.be/EwGkK9vOE_Y	Start in a plank position with hands wider than shoulder-width apart, fingers pointing away from the body. Lower yourself towards one side, keeping the opposite arm straight. Push back up to starting position. Repeat on the other side, alternating sides with each rep. Maintain a straight body and engage core throughout the movement.
Arm Circle	https://youtu.be/JnfulB1ia38	Stand with feet shoulder-width apart and arms extended straight out to the sides. Begin making small circular motions with your arms, gradually increasing the size of the circles. Continue for the desired duration, then switch directions.
Arm Climb	https://youtu.be/_NDnYm13Eb0	Begin in a plank position on your elbows. Raise onto your right hand, then left, into hand plank. Return to elbow plank, starting with the right elbow. Keep a straight line from head to heels. Alternate between elbow and hand plank.
Arnold Press	https://youtu.be/YdYyScwTcg	Hold a dumbbell in each hand at shoulder height, palms facing you. Press the dumbbells overhead while rotating palms to face forward. Extend arms fully at the top of the press. Lower the dumbbells back to shoulder height, rotating palms back.
Back Squat	https://youtu.be/ULy14eUjVYI	Place the barbell on the upper part of your back. Reach up and grasp the bar with your hands wider than shoulder-width apart. Keep your elbows pointing down and back. Stand with your feet shoulder-width apart or slightly wider. Your toes should be pointing slightly outward. Begin the movement by pushing your hips back as if sitting in a chair. Bend your knees to lower your body. Aim to get your thighs at least parallel to the floor. Maintain an upright chest and a neutral spine throughout the movement. Push through your heels to rise back to a standing position, straightening your hips and knees.
Backward Jogging	https://youtu.be/x96GKevST7I	Stand tall with feet hip-width apart. Jog backward, lifting knees and pumping arms. Keep eyes forward and stay light on your feet. Maintain a steady pace and use your arms for balance.
Bam Bam	https://youtu.be/9ZpABRKIVJU	Stand with feet shoulder-width apart. Hold a barbell in one hand at waist level. Press the barbell forward and backward.
Band Adduction	https://youtu.be/jvCTClKq72Q	Secure a resistance band to a stationary anchor. Stand sideways to the anchor, band on the outside leg. Pull the leg towards the midline against band resistance. Control the return, focusing on inner thigh engagement.
Band Around the World	https://youtu.be/FdYdoDrc1HM	Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise the band overhead, keeping arms straight. Move the band in a circular motion around your head, going behind your neck and back to the starting position. Reverse the direction of the circular motion.
Band Assisted Pull Up	https://youtu.be/KWPWamZ4PY4	Secure a resistance band to a pull-up bar. Loop the other end around one or both feet, depending on the band's strength. Hang from the bar with your palms facing away. Perform pull-ups with the assistance of the band. Focus on controlled movements and engage your back and arms.
Band Assisted Push Up	https://youtu.be/XuB8eAfDy4A	Secure a resistance band around a stable anchor at chest height. Loop the other end around your upper back. Assume a push-up position with your hands on the floor. The band provides assistance as you perform push-ups. Focus on maintaining proper form and controlled movements.
Band Chest Press	https://youtu.be/O03gaBeRHUQ	Securely anchor the resistance band behind you at chest height. Hold one end of the band in each hand. Stand with feet shoulder-width apart and engage core muscles. Extend arms forward until fully extended in front of chest. Slowly return to starting position, controlling band resistance.

Band Crab Walk	https://youtu.be/Y50q_CdfYE4	Place a resistance band around your legs, just above the knees. Assume a squat position with knees bent and chest up. Take small steps to the side while maintaining tension on the band. Keep feet parallel and avoid letting knees collapse inward.
Band Crossbody Tricep Extension	https://youtu.be/ogwCLknmg5s	Stand with feet shoulder-width apart, holding one end of the resistance band in your hand. Extend your arm across your body so that the band crosses in front of your chest. Keep your elbow close to your body and your upper arm stationary. Engage your triceps and extend your forearm back until your arm is straight. Slowly return to the starting position, controlling the resistance of the band.
Band Face Pull	https://youtu.be/9MiPot3jB3l	Stand upright with feet hip-width apart. Pull the band toward your face, keep elbows above your wrists throughout. Squeeze shoulder blades together at the top of the movement.
Band Pass Through	https://youtu.be/aVko_U_Fd9g	Begin by holding a resistance band with both hands, arms extended straight out in front of you, and hands shoulder-width apart. Keeping your arms straight, lift the band up and over your head, behind your body. Continue to lower the band until it is behind your back, below your glutes. Reverse the movement, bringing the band back to the starting position in front of your body.
Band Pull Apart	https://youtu.be/2Tf_E4cYmD4	Stand upright with feet shoulder-width apart. Hold the band in front of you with straight arms. Pull the band apart by moving your hands out to the sides. Keep your wrists straight.
Band Pull Through	https://youtu.be/cS8Flum14Ug	Attach a resistance band to a low anchor point. Stand facing away from the anchor, holding the band between your legs. Hinge at your hips, keeping your back straight. Pull the band through your legs, extending your hips forward. Return to the starting position, engaging your glutes and hamstrings.
Band Reverse Fly	https://youtu.be/uBCM3e_UrDQ	Stand with feet shoulder-width apart, holding a resistance band in each hand. Cross the bands in front of you, creating an "X" shape with your arms. Keep a slight bend in your elbows and engage your core. With control, open your arms out to the sides, squeezing your shoulder blades together. Pause at the top of the movement, then slowly return to the starting position.
Band Rotation Stretch	https://youtu.be/6Y-dNMZQSf0	Stand sideways to the anchor point. Hold the band with the arm closest to the anchor point. Rotate your forearm away from your body while keeping your elbow at your side.
Band Scapular Retraction	https://youtu.be/wAcO604Lkdo	Anchor resistance band at chest height. Hold band with straight arms, shoulder-width apart. Pull shoulder blades down and back. Maintain tension in band throughout. Return to starting position with control.
Band Seated Row	https://youtu.be/a12DYOkNjjs	Sit tall with legs extended, band around feet. Grasp band handles, palms facing each other. Pull elbows back, squeezing shoulder blades. Keep core engaged, spine neutral. Slowly release to starting position.
Band Single Arm Row	https://youtu.be/3Leis-to_ws	Stand with feet shoulder-width apart, band tied to an anchor point in front of you. Hold band with one hand, palm facing in. Pull elbow back, squeezing shoulder blade. Keep core tight, back straight. Control movement back to starting position.
Band Skull Crusher	https://youtu.be/6xTbBHpDcJw	Anchor a resistance band at a low point. Lie on your back, holding the band with both hands. Start with arms extended over your chest. Bend elbows, lowering hands towards forehead. Extend elbows, resisting band tension.
Band Squat and Press	https://youtu.be/TZkITAvjgls	Stand on band with feet hip-width apart. Hold handles at shoulder height. Squat down, keeping knees behind toes. Drive up through heels, pressing handles overhead.
Band Tricep Push Down	https://youtu.be/TZw-AZS-r9M	Attach a resistance band to a high anchor point. Stand facing the anchor, holding the band with both hands. Keep elbows close to your sides. Push the band down, straightening your arms. Control the return, focusing on tricep engagement.
Banded Ankle Mobility	https://youtu.be/yteCd1xzg14	Tie band around anchor point and face away from the anchor point. Place band around top of foot while kneeling. Lunge forward with knee extending over toes. Slowly return to starting position.
Banded Bear Crawl	https://youtu.be/L29zQioXcqU	Loop resistance band around knees. Start in a plank position with shoulders over wrists and knees hovering off the ground. Move forward by crawling, alternating opposite hand and foot. Keep core engaged and body parallel to the ground.
Banded Bench Press	https://youtu.be/ccmYbnD4o5s	Lie on bench with band looped around back and each end held in hands. Grip barbell with hands slightly wider than shoulder-width. Lower bar to chest while engaging chest muscles. Press bar upward explosively, extending arms fully.
Banded Bicep Curl	https://youtu.be/L-3ektMCdL-w	Stand on the center of a resistance band. Hold the band with palms facing forward. Curl hands towards shoulders, contracting biceps. Lower hands with control, maintaining tension. Keep elbows stable and engage core throughout.
Banded Bicycle Crunch	https://youtu.be/KUNn90bdf2M	Lie on back with band around feet, knees bent. Hold band ends with hands, elbows bent. Alternate bringing elbow towards opposite knee. Engage core, keep lower back pressed into floor.

Banded Bird Dog	https://youtu.be/ypgEmzbx0Sg	Start on hands and knees with band looped around feet. Extend one arm and opposite leg, keeping band taut. Keep hips and shoulders parallel to the ground. Engage core to stabilize body. Return to starting position and switch sides.
Banded Clam Shell	https://youtu.be/EJHNhalsGdw	Lie on your side with a resistance band around your thighs. Bend knees and stack them on top of each other. Open the top knee, keeping feet together. Squeeze glutes at the top of the movement. Return to the starting position and repeat on both sides.
Banded Diagonal Lift	https://youtu.be/bckZ8SnO7G0	Stand with feet shoulder-width apart, band around an anchor point. Hold band handle with both hands, palm facing down. Lift arms diagonally across body, reaching overhead. Keep core engaged, avoid arching back. Lower arms back down with control.
Banded Donkey Kick	https://youtu.be/sBcGokc28eA	Start on all fours with band looped around one foot. Keep knee bent at 90 degrees, foot flexed. Push foot up towards the ceiling, engaging glutes. Maintain a stable spine and core. Lower leg back down with control.
Banded Front Raise	https://youtu.be/zmXZPBGJxfp	Stand on band with feet hip-width apart. Hold band handles with palms facing down. Raise arms straight in front of body to shoulder height. Keep core engaged, avoid arching back. Lower arms back down with control.
Banded Glute Bridge	https://youtu.be/eX6mnUv42CQ	Lie on your back with a resistance band above knees. Bend knees and place feet hip-width apart. Lift hips towards the ceiling, squeezing glutes. Keep knees pressed outward against the band. Lower hips down and repeat for glute activation.
Banded Good Morning	https://youtu.be/4i8nbaRG1LQ	Stand with feet shoulder-width apart and loop resistance band under feet. Hold ends of the band at shoulder level, across back of shoulders. Hinge at the hips, pushing them backward while keeping back straight. Lower torso until almost parallel to the ground. Return to starting position by squeezing glutes and thrusting hips forward.
Banded Hip Adduction	https://youtu.be/aiJ6LEs5Q_0	Loop band around one ankle, standing with feet hip-width apart. Engage core and stand tall with hands on hips or by sides. Step banded foot outward, resisting band tension. Bring foot back to center with control. Repeat on the other side, maintaining tension throughout.
Banded Hip Flexor Pull	https://youtu.be/71QB7abkT9M	Loop band around one ankle, standing tall with feet hip-width apart. Engage core and maintain upright posture. Pull banded leg upward, flexing hip, and bringing knee towards chest. Keep opposite leg stable on the ground. Control the movement as you return to starting position.
Banded Hip Mobility	https://youtu.be/OGNFBov5lsl	Secure band around upper thigh. Place your knees and hands on the floor Cross banded leg behind planted leg. Keep hips square and core engaged. Return to starting position with control. Repeat on the other side.
Banded Lat Pull Down	https://youtu.be/8Wdw2Sx6Dd0	Anchor band overhead at a sturdy point. Hold band handles with hands wider than shoulder-width. Pull band down towards chest, squeezing lats. Keep core engaged and back straight. Slowly release arms back up, maintaining tension.
Banded Lateral Raise	https://youtu.be/GKfgfJ2-Q-w	Stand on band with feet hip-width apart. Hold band handles with palms facing thighs. Lift arms out to the sides until parallel to the ground. Keep elbows slightly bent, avoid shrugging shoulders. Lower arms back down with control.
Banded Low Row	https://youtu.be/kriI7Oh8wwc	Attach a resistance band to a low anchor point. Kneel or stand facing the anchor, holding the band in both hands. Keep your back straight and shoulders down. Pull the band towards your lower chest, squeezing your shoulder blades. Slowly return to the starting position, maintaining tension on the band.
Banded Monster Walk	https://youtu.be/eVIX8dqtqTA	Place a resistance band around both ankles. Stand with feet hip-width apart and a slight bend in the knees. Step to the side with one foot, maintaining tension in the band. Follow with the other foot, keeping consistent resistance. Continue walking sideways, emphasizing control and stability in each step.
Banded Overhead Press	https://youtu.be/pNQ1e7GWOyo	Stand on band with feet hip-width apart. Hold band handles at shoulder height. Press handles overhead, fully extending arms. Keep core engaged and avoid arching back. Lower handles back to shoulder height with control.
Banded Overhead Squat	https://youtu.be/E3yWk3mHNyl	Stand on band with feet shoulder-width apart. Hold band handles above head, palms facing forward. Squat down, keeping knees behind toes. Keep band pressed overhead while maintaining squat position.
Banded Overhead Tricep Extension	https://youtu.be/dgzd7K-rQT8	Attach band at a high point behind you. Grasp band handles with palms facing app, arms behind your head. Keep elbows close to head. Extend arms forward, straightening elbows against band resistance. Engage core and maintain stable posture throughout.

Banded Plank Jack	https://youtu.be/vhqaZ36xZqQ	Start in a plank position with a band around ankles. Jump both feet outward and then back together. Maintain a straight line from head to heels. Engage core muscles to stabilize the plank. Perform plank jacks with controlled and rhythmic movements.
Banded Plank Leg Lift	https://youtu.be/4OzwVHpZH84	Start in a plank position with band looped around ankles. Engage core and maintain a straight line from head to heels. Lift one leg upward, keeping it straight. Avoid rotating hips or arching back. Lower leg back down with control and repeat on the other side.
Banded Plank Row	https://youtu.be/3kPTMG3weqY	Loop band around a stable anchor in front of you. Assume a plank position with hands holding onto the band. Keep core engaged and body in a straight line. Pull band towards chest, bending elbows.
Banded Psoas Distraction	https://youtu.be/9NK6Jj0lJE	Anchor band at a low point behind you. Loop band around upper thigh. Step forward to create tension, stretching the psoas. Roll banded hip forward against the band's tension.
Banded Push Up	https://youtu.be/5H8bXzfByHq	Place band around back, holding ends under hands. Assume plank position with hands shoulder-width apart. Lower chest towards ground, keeping elbows close. Push back up to starting position, engaging chest. Maintain tension in band throughout the movement.
Banded Row	https://youtu.be/BhQyUzWEqlo	Anchor band at chest height. Hold band handles with palms facing each other. Pull elbows back, squeezing shoulder blades. Control movement back to starting position.
Banded Shin Crunch	https://youtu.be/4foLiuYGaes	Sit with legs extended, band looped around feet. Anchor band behind you or hold ends with hands. Flex toes towards body, resisting band tension. Engage shins and front of lower legs. Release slowly, maintaining resistance.
Banded Squat	https://youtu.be/FD4oJaP-T0o	Stand on band with feet shoulder-width apart. Hold band handles at shoulder height. Squat down, keeping knees behind toes. Press up through heels, extending hips and knees. Maintain tension in band throughout the movement.
Banded Tricep Extension	https://youtu.be/0S8p6mZspsA	Anchor band overhead. Hold band handle with both hands, palms facing each other. Extend arms downward, straightening elbows. Keep elbows close to side.
Banded Tricep Kick Back	https://youtu.be/j3tMwx8jLQI	Face a band anchored to a secure object. Hold band handle in one hand. Bend knees slightly, hinge forward at hips. Extend arm back, squeezing triceps.
Banded Upright Row	https://youtu.be/Xnhd9h1dyp0	Stand on band with feet hip-width apart. Hold band handles with palms facing thighs. Pull band upwards towards chin, elbows out. Keep shoulders down, engage upper back muscles.
Banded V Adduction	https://youtu.be/6fPKHfhQ5K4	Place a resistance band around your legs, just below your knees Lie on your back bring your legs straight up to the ceiling Extend your legs outward placing tension on the band Return to the starting position and repeat
Banded Wood Chopper	https://youtu.be/2vYyZ0OaR0	Anchor band at shoulder height. Stand sideways to the anchor point. Hold band handle with both hands at hip level. Pull band diagonally across body, up and away. Rotate torso and engage core throughout.
Bar Facing Burpee	https://youtu.be/xYsV_YP7qDo	Start in a standing position facing a barbell on the ground. Jump or step back into a plank. Perform a push-up or chest-to-bar pull-up. Jump or step back to the bar, then explosively jump over it. Repeat burpee on other side of the bar.
Barbell Ab Rollout	https://youtu.be/NywNIVChxpA	Start on your knees with a barbell on the floor in front of you. Grip the barbell with both hands, shoulder-width apart. Roll the barbell forward, extending your body. Keep core tight and body in a straight line. Roll back to the starting position, engaging the core muscles.
Barbell Bent Over Row	https://youtu.be/SYo7I468Jqo	Stand with feet hip-width apart, holding a barbell with an overhand grip. Hinge at your hips, keeping your back straight. Bend your knees slightly and lower the barbell towards the ground. Pull the barbell to your lower chest, squeezing your shoulder blades. Lower the barbell back down with control, maintaining proper form.
Barbell Bicep Curl	https://youtu.be/yL5iINID874	Stand tall with chest up and core braced. Hold the bar with a palms-up grip. Curl the weight while keeping your elbows stationary at your sides. Squeeze the biceps at the top.
Barbell Bulgarian Split Squat	https://youtu.be/s_xmy9qt37U	Stand facing away from a bench or box, in a split squat stance. Extend one leg behind you and rest the top of your foot on the bench. Position a barbell across your upper back. Lower your body by bending the front knee while keeping your torso upright and your front shin vertical over your front foot. The knee of the back leg should come close to the floor, but shouldn't touch it. Push through the full front foot to return to standing position.
Barbell Front Raise	https://youtu.be/UZL3e3fAWK0	Stand with feet shoulder-width apart, holding a barbell with an overhand grip. Keep a slight bend in your elbows and lift the barbell straight in front of you. Raise the barbell to shoulder height, maintaining control. Lower the barbell back down with control.

Barbell Hip Thrust	https://youtu.be/S41rDh2OvY	Sit on the ground with a barbell across your hips. Plant feet flat, hip-width apart. Roll the barbell towards your hips. Drive through heels, lifting hips towards the ceiling. Squeeze glutes at the top and lower hips down.
Barbell Overhead Press	https://youtu.be/hfQJ_qpVpGOQ	Stand with your feet shoulder-width apart. Hold the barbell at shoulder level with your hands slightly wider than shoulder-width apart. Keep your elbows slightly in front of the bar, not flared out to the sides. Press the bar overhead, extending your arms fully. Make sure the bar moves in a straight vertical line. At the top of the lift, the bar should be positioned over the middle of your feet to keep it balanced. Your body should be in a straight line from the bar down to your ankles.
Barbell Reverse Lunge	https://youtu.be/lw20tbzZw4M	Stand upright with a barbell resting across your upper back. Your feet should be hip-width apart. Take a step back with your foot, landing on the ball of your foot with the heel off the ground. Bend both knees to lower your body towards the floor, aiming to create two 90-degree angles with your legs. Your front knee should be directly above your ankle, and your back knee should point towards the floor. Push through the heel of your front foot and bring your right foot back to standing position. Repeat the same movement with the other foot stepping back.
Barbell Rollout	https://youtu.be/qABKbx4cp4I	Kneel on a mat with your knees hip-width apart. Hold a barbell with a shoulder-width grip in front of you. Your arms should be extended and directly below your shoulders. Push the barbell forward, extending your body into a straight line. Keep your abs and glutes engaged and maintain a neutral spine. Extend as far as you can control without letting your hips sag and your back arch. Your aim is to get your body into a straight line. Use your core to pull the barbell back towards your knees, returning to the starting position.
Barbell Shrug	https://youtu.be/V1efRmNbcC8	Stand upright with your feet shoulder-width apart, holding a barbell in front of you with an overhand grip. Your hands should be just wider than shoulder-width apart. Your arms should be straight and relaxed, allowing the weight to hang down. Elevate your shoulders towards your ears in a shrugging motion, keeping your arms straight. The movement should be vertical, not forward or backward. Lower your shoulders back to the starting position in a controlled manner. Do not let the weight drop quickly.
Barbell Shrug Behind the Back	https://youtu.be/5wJ7moJ6kHk	Stand with feet shoulder-width apart, holding a barbell behind your back with an overhand grip. Keep a straight posture with a slight bend in your knees. Elevate your shoulders as high as possible, squeezing your traps. Hold the contracted position for a moment to maximize the contraction. Lower the barbell back down with control, allowing your shoulders to relax.
Barbell Squat Jump	https://youtu.be/kjNTI4CbxAI	Start with a barbell on your upper back. Stand with feet shoulder-width apart. Perform a regular squat. Explosively jump as you reach upward. Land softly and descend into the next squat.
Barbell Step Ups	https://youtu.be/VKirxyNcqtK	Stand in front of a bench or step with a barbell on your upper back. Step onto the bench with one foot, driving through the heel. Bring the trailing foot up, fully extending the hip and knee. Step back down with control, leading with the same foot. Repeat on the opposite side, alternating legs for each step.
Barbell Thruster	https://youtu.be/_F25zs42hsQ	Begin in a squat position with the barbell resting on your front shoulders, hands slightly wider than shoulder-width apart and elbows high. Lower your body into a full squat, keeping your elbows high to prevent the barbell from falling. Powerfully extend your hips and knees to rise from the squat. Use the momentum to press the barbell overhead until your arms are fully extended. The barbell should end up directly above the middle of your feet for balance. Lower the barbell back to your shoulders and simultaneously descend into the next squat in one fluid motion.
Barbell Upright Row	https://youtu.be/OUAn-aQWego	Stand with feet shoulder-width apart, holding a barbell with an overhand grip. Keep the barbell close to your body, hands slightly narrower than shoulder-width. Lift the barbell straight up, leading with your elbows. Bring the barbell to shoulder height, keeping it close to the body. Lower the barbell back down with control, avoiding excessive arching of the back.
Bear Crawl	https://youtu.be/lXHOFB1r8qI	Start in a tabletop position with hands under shoulders and knees under hips. Lift knees off the ground, hovering them a few inches. Crawl forward by moving opposite hand and foot simultaneously. Keep core engaged and back flat throughout the movement.
Behind the Neck Pull Up	https://youtu.be/188J1u3c6w8	Begin hanging from the pull-up bar with an overhand grip, hands slightly wider than shoulder-width apart. Pull yourself up to the top of the bar. Once you reach the top, put your head in front of the bar. Slowly lower yourself down.
Behind the Neck Push Press	https://youtu.be/t3e8AOfuDZw	Start with a barbell on your upper back. Grip the bar wider than shoulder-width, palms facing forward. Dip at the hips and knees, then explosively push the bar overhead. Lower the bar back down behind the neck with control. Maintain a stable core and avoid arching the back.
Bench Dip	https://youtu.be/g1O6CX4fn7A	Sit on a bench and place your hands on the edge on either side of your hips, fingers pointing forward. Extend your legs in front of you with your feet about hip-width apart. Lower your body towards the floor by bending your elbows until they form a 90-degree angle. Push your body back up to the starting position by straightening your elbows.
Bench Press	https://youtu.be/O8PCB1Rwz-U	Lie flat on a bench, feet flat on the floor. Grip the barbell with your hands just wider than shoulder-width apart. Slowly lower the bar to your mid-chest. Keep your elbows at about a 45-degree angle from your body, not flared out to the sides. Push the bar back up until your arms are fully extended.
Bent Arm Barbell Pull Over	https://youtu.be/Eyah4s20DZc	Lie on a bench with your upper back and shoulders on the bench. Hold a barbell with a shoulder-width grip directly above your chest. Bend your elbows slightly, keeping them fixed in this position. Lower the barbell in an arc behind your head while keeping your elbows bent. Pull the barbell back to the starting position.
Bent Knee Hip Raise	https://youtu.be/wE7cUsrnKXZY	Lie on your back with knees bent and feet flat. Place hands by your sides for support. Lift hips towards the ceiling, squeezing glutes. Hold for a moment at the top of the movement. Lower hips down with control and repeat.
Bent Over Barbell Row	https://youtu.be/MWyeM4wg5cg	Stand with your feet shoulder-width apart and hold a barbell with an overhand grip. Your hands should be slightly wider than shoulder-width apart. Bend at the hips and slightly at the knees, keeping your back straight until it's almost parallel to the floor. Pull the barbell towards your torso, just below your ribs, keeping your elbows close to your body.
Bent Over DB Fly	https://youtu.be/JQavx-NNXZs	Hold a dumbbell in each hand with palms facing inward. Hinge at your hips, keeping a slight bend in your knees. Extend arms below your chest, maintaining a slight bend in the elbows. Lift arms laterally, squeezing shoulder blades together at the top. Lower the dumbbells with control, feeling the stretch in your chest and shoulders.

Bicep Curl to Shoulder Press	https://youtu.be/iuM9r1wGU44	Hold dumbbells in each hand, palms facing forward. Perform a bicep curl, lifting the weights to shoulders. Rotate palms to face forward, then press weights overhead. Lower weights back to shoulders, then extend arms down. Maintain control and engage core throughout the movement.
Bicycle Sit-Up	https://youtu.be/JWZ4V8LUyM	Lie flat on your back with your lower back pressed to the ground. Place your hands lightly on either side of your head. Lift your knees in towards your chest with your lower legs parallel to the floor. Lift your shoulder blades off the ground and rotate your body so your left elbow moves toward your right knee, while your left leg straightens and is raised a few inches off the ground. Now switch sides, bringing the right elbow towards the left knee while the right leg straightens and lifts.
Bird Dog	https://youtu.be/nI7epId02YA	Start on hands and knees in a tabletop position. Extend your right arm forward and left leg backward. Keep a straight line from hand to foot. Return to the starting position and switch sides. Alternate sides for a stable and controlled Bird Dog exercise.
Bird Dog Row	https://youtu.be/ouL_Q3DWyoJY	Begin in a tabletop position with hands under shoulders and knees under hips. Extend one arm forward and the opposite leg straight back. Pull the elbow of the extended arm towards the hip while keeping the back straight. Extend the arm and leg back to starting position. Repeat on the other side, alternating arms and legs with each repetition.
Body Saw	https://youtu.be/CHJunY2z4cA	Begin in a plank position on forearms. Shift your body forward and backward. Keep a straight line from head to heels. Engage core muscles to control the movement. Perform body saws with controlled and smooth motions.
Body Weight Alternating Lunge	https://youtu.be/Qall172X0S4	Stand with feet hip-width apart. Take a step forward with one foot. Lower your body until both knees are at 90-degree angles. Push off the front foot to return to the starting position. Repeat, alternating legs for a continuous lunge movement.
Body Weight Bulgarian Split Squat	https://youtu.be/FkkvpGq_Gcc	Stand a few feet from a bench or step. Place one foot behind you on the bench. Lower your body into a lunge, front knee over ankle. Push through the front foot to return to the starting position. Repeat on the other leg.
Body Weight Good Morning	https://youtu.be/6dK_dGs3Z3E	Stand with feet shoulder-width apart, hands behind head or crossed over chest. Hinge at the hips, pushing them backward while keeping back straight. Lower torso until almost parallel to the ground. Keep knees slightly bent throughout the movement. Return to the starting position by squeezing glutes and thrusting hips forward.
Body Weight Lateral Lunge	https://youtu.be/WFJREH6AsU	Stand with feet hip-width apart, hands on hips or extended in front for balance. Step to the side with one foot, bending the knee and lowering the body. Keep the opposite leg straight and the foot flat on the ground. Push off the bent leg to return to the starting position. Repeat on the other side, alternating legs with each rep.
Body Weight Lunge	https://youtu.be/EcGCeO8gTKU	Stand with feet hip-width apart. Take a step forward with the right foot. Lower your body until both knees form 90-degree angles. Push off the right foot to return to the starting position. Repeat process of lunging with right foot forward
Body Weight Reverse Alternating Lunge	https://youtu.be/MviwTulKJ_E	Stand with feet hip-width apart. Step backward with the right foot. Lower your body until both knees are at 90-degree angles. Push off the right foot to return to the starting position. Alternate legs for each reverse lunge, maintaining good posture.
Body Weight Reverse Lunge	https://youtu.be/iwOaXH-gc6U	Stand with feet hip-width apart. Take a step backward with the right foot. Lower your body until both knees form 90-degree angles. Push off the right foot to return to the starting position. Repeat process of lunging back with right foot
Body Weight Split Squat	https://youtu.be/EAwPVEjvZLg	Stand with feet staggered, one foot in front of the other. Lower your body into a lunge position. Keep the front knee directly above the ankle. Push through the front foot to return to the starting position. Repeat on the other leg.
Body Weight Walking Lunge	https://youtu.be/wEh_ABwdUQg	Begin by standing with feet together. Take a step forward with your right foot. Lower your body into a lunge position. Push off the right foot to bring the left foot forward. Continue walking forward, alternating legs with each lunge.
Bosu Ball Crunch	https://youtu.be/zq2owFL3NU	Sit on a Bosu ball with feet flat on the ground. Lean back slightly, engaging core muscles. Place hands behind your head or across your chest. Crunch forward, lifting shoulders off the Bosu. Lower back down with control and repeat for abdominal activation.
Bosu Ball Plank	https://youtu.be/89_3jAWAkQ	Place forearms on the Bosu ball in a plank position. Maintain a straight line from head to heels. Engage core muscles for stability. Hold the plank position for the desired duration. Focus on proper form and breathe steadily throughout.
Bosu Ball Plank with Leg Lift	https://youtu.be/PUkSr0MUyo	Start in a plank position with forearms on the Bosu ball. Engage core muscles to maintain a straight line from head to heels. Lift one leg off the ground, keeping the body stable. Lower the leg back down and switch to the other leg. Perform plank with leg lifts in a controlled manner for balance.

Bosu Ball Push Up V1	https://youtu.be/DhouTXg7dxY	Place the Bosu ball flat side down on the floor. Assume a push-up position with hands on the sides of the ball. Lower your chest toward the Bosu, keeping elbows close. Push back up to the starting position. Maintain a straight line from head to heels throughout the movement.
Bosu Ball Push Up V2	https://youtu.be/O38ZoxDJry4	Place the Bosu ball rubber side down on the floor. Assume a push-up position with hands on the sides of the ball. Lower your chest toward the Bosu, keeping elbows close. Push back up to the starting position. Maintain a straight line from head to heels throughout the movement.
Bosu Ball Side Plank	https://youtu.be/WHN29EAGcKA	Place the Bosu ball flat side down on the floor. Lie on your side with one forearm on the Bosu. Lift your hips, forming a straight line from head to feet. Engage core muscles and hold the side plank position. Switch to the other side and repeat for balance.
Bosu Ball Sit Up	https://youtu.be/MBD0JWh1s1I	Sit on the Bosu ball with feet flat on the ground. Cross your arms over your chest or place hands behind your head. Engage core muscles and lean back slightly. Sit up, bringing your chest toward your knees. Lower back down with control and repeat for abdominal activation.
Box Dip	https://youtu.be/SsAXHT_2oXUJ	Sit on the edge of a sturdy box or bench with hands gripping the edges beside hips. Walk feet out and lower hips off the box, keeping legs straight or slightly bent. Lower body until elbows reach a 90-degree angle. Push back up to starting position, fully extending arms.
Box Donkey Kick	https://youtu.be/ljccN_F_ak	Bend over and place hands on a box. Engage core and bend knees slightly. Kick heels up towards the ceiling, keeping legs straight. Lower legs back down to starting position with control.
Box Jump	https://youtu.be/8IO-FC0I720	Stand in front of a sturdy box or platform. Start in a deep squat position, with your hips below your knees if possible. Your feet should be shoulder-width apart, with your weight on your heels. From the bottom position, explode upwards and jump onto the box.
Box Jump Over	https://youtu.be/MQR0GdGw1hE	Stand facing a sturdy box. Jump explosively, clearing the box with both feet. Land softly on the opposite side of the box. Repeat.
Box Jump to Tuck Jump	https://youtu.be/mMw7CCyGMp	Stand in front of a sturdy box or platform. Perform a box jump, explosively jumping onto the box with both feet. After you land on the box, turn around and jump down to the floor. Perform a jump while raising your knees to your chest.
Box Pigeon Stretch	https://youtu.be/JeioxnnvUpw	Sit on the floor facing a box or bench. Bend one leg and place the ankle on top of the opposite knee, creating a "4" shape with your legs. Lean forward and place your hands on the box or bench for support. Keep your back straight and gently press your bent knee towards the ground to deepen the stretch.
Box Pike Push Up	https://youtu.be/GLMxmqz5imsA	Assume a plank position with hands on the floor and feet elevated on a sturdy box. Walk hands in towards the box, keeping legs straight, until hips are lifted into a pike position. Lower head towards the ground by bending elbows, maintaining a straight body. Push back up to starting position, fully extending arms.
Box Plank with Leg Lift	https://youtu.be/EMyIRrNifow	Begin in a plank position with hands on a box and feet on the floor. Engage core and keep body in a straight line from head to heels. Lift one leg off the box, keeping it straight and parallel to the ground. Hold for a few seconds, then lower the leg back down.
Box Push Up	https://youtu.be/JrhfySwxFpA	Start in a plank position with hands shoulder-width apart on a sturdy box. Lower your chest towards the box by bending your elbows, keeping them close to your body. Keep your body straight from head to heels throughout the movement. Push back up to the starting position, fully extending your arms.
Box Reverse Lunge	https://youtu.be/5Ho1SDhkRF4	Begin by standing on top of a sturdy box or bench. Step backward off the box with one foot, landing on the ground. Lower your body into a lunge position by bending both knees, aiming to bring the back knee close to the ground. Push through the heel of the front foot to return to the starting position.
Box Seated Leg Tuck	https://youtu.be/Kcc9Q-dvruo	Sit on the edge of a sturdy box or bench with knees bent and feet flat on the ground. Lean back slightly and engage your core muscles. Lift both feet off the ground and bring your knees towards your chest. Hold this tucked position for a moment, squeezing your abs. Slowly lower your feet back to the ground and repeat for desired repetitions.
Box Squat	https://youtu.be/5rjEknKQcIU	Start with a sturdy box or bench behind you. The height should allow your thighs to be parallel to the floor when seated. Stand with your feet slightly wider than shoulder-width apart. If using a barbell, position it across your upper back (not neck) with a grip wider than shoulder-width. Start the movement by pushing your hips back, keeping your chest up and back straight. Bend at the knees to lower your body toward the box. Lower your body in a controlled manner until you are seated on the box. Do not collapse or bounce on the box. From the seated position, push through your heels to stand back up. Extend your hips and knees fully at the top of the lift.
Box Thruster	https://youtu.be/UKv7keK0REs	Start with a box or bench positioned behind you. Hold dumbbells or a barbell at shoulder height, palms facing inward. Squat down onto the box, then explosively stand up and press the weights overhead.
Box Toe Tap	https://youtu.be/0YruYT0LsE	Stand in front of a box or platform. Lift one knee and tap the top of the box. Return the foot to the ground. Alternate legs, tapping the box with each foot. Perform the movement with a brisk yet controlled pace.
Box V Sit	https://youtu.be/LaqhIAuT8LA	Sit on the edge of a sturdy box or bench with legs extended straight in front of you. Lean back slightly and lift your legs off the ground, forming a "V" shape with your torso and legs. Hold this position briefly, engaging your core muscles. Slowly lower back down to starting position and repeat for desired repetitions, focusing on controlled movements and maintaining balance.
Bridge Pose	https://youtu.be/1JBhEJcm0fc	Lie on your back with knees bent and feet flat on the floor, hip-width apart. Place arms by your sides with palms facing down. Press into your feet and lift your hips towards the ceiling, engaging glutes and core. Keep shoulders, neck, and feet grounded while lifting hips as high as comfortable. Hold the pose for a few breaths, then slowly lower back down to the starting position.

Broad Jump	https://youtu.be/QbQVZdJ7XfI	Stand with your feet hip-width apart, with your knees slightly bent. Swing your arms back behind you, and as you jump forward, swing them in front of you to generate momentum. Bend your knees and push off with both feet, jumping as far forward as you can. Aim to get a full extension from the ankles, knees, and hips. Land softly with your knees slightly bent to absorb the impact. Aim to land on both feet at the same time.
Burpee	https://youtu.be/5oak3C2g24g	Stand tall with your feet hip-width apart and your arms at your sides. Bend at your hips and knees to lower your body into a squat position, placing your hands flat on the ground in front of you. Kick your legs backwards into a plank position, while keeping your hands firmly on the ground. Lower your body to do a push-up, letting your chest touch the floor. Push your body back up, returning to the plank position. Jump your feet forward to just outside your hands, returning to a squat position. From the squat position, explode up and jump as high as you can, extending your arms overhead.
Burpee Box Jump	https://youtu.be/ma2kAYMoTZo	Begin in a standing position facing a box. Perform a standard burpee by squatting, kicking feet back, and doing a push-up. Jump or step back towards the box after the push-up. Explosively jump onto the box, fully extending hips and knees. Stand tall on the box, then step or jump back down to the starting position.
Burpee Box Jump Over	https://youtu.be/jhbQFvWSG-1	Start in a standing position facing a sturdy box. Perform a burpee by squatting down, kicking feet back into a plank, lowering chest to ground, and jumping feet back towards hands. Explode up, jumping onto the box with both feet. Land softly on the opposite side of the box, then immediately jump or step off. Repeat, alternating the direction you jump over the box with each rep.
Burpee Pull Up	https://youtu.be/FoQNNM9LPxw	Begin in a standing position. Perform a burpee by squatting down, placing hands on the floor, and jumping feet back. Execute a push-up in the plank position. Jump feet back towards hands and explosively jump up. Reach for and perform a pull-up on a bar.
Burpee Tuck Jump	https://youtu.be/mz_DkxAGD-0	Start in a standing position. Perform a standard burpee by squatting, kicking feet back, and doing a push-up. Jump or step back towards your hands after the push-up. Explosively jump up, bringing knees towards the chest in a tuck position. Land softly, then repeat the sequence.
Butt Kick Rope Jump	https://youtu.be/ZXVdzboX9as	Hold the jump rope handles at hip level with palms facing down. Jump off the ground, bringing heels up towards glutes to kick them. Simultaneously swing the rope over your head and under your feet. Land softly on the balls of your feet as the rope passes under. Maintain a steady rhythm, alternating between kicking heels and jumping over the rope.
Butt Kicker	https://youtu.be/pH94dKeHO4	Begin in a standing position with feet hip-width apart. Lift one heel towards your glutes while hopping on the other foot. Alternate kicking heels up rapidly in a jogging motion. Keep your core engaged and maintain an upright posture.
Butt Up	https://youtu.be/ksPEDq5J7JM	Begin in a plank position on your elbows. Lift your hips towards the ceiling. Create an inverted V shape with your body. Lower hips back down to plank position. Engage core muscles and repeat for a dynamic movement.
Butterfly Crunch	https://youtu.be/yhtldM0nlbk	Lie on your back with the soles of your feet together, knees bent out to the sides. Place hands behind your head, elbows pointing out to the sides. Engage your core and lift your head, neck, and shoulders off the ground. Bring your chest towards your feet by contracting your abdominal muscles. Lower back down with control and repeat for desired repetitions, focusing on the contraction of your abs.
Butterfly Pull Up	https://youtu.be/LFh7iQOvJ8	Begin hanging from the pull-up bar with an overhand grip, hands slightly wider than shoulder-width apart. Initiate the movement by swinging your body slightly backward. Use a kipping motion to propel your body upward, pulling your chest towards the bar. As you reach the top of the movement, quickly reverse the motion, pushing your chest away from the bar and extending your arms. Swing your body forward as you descend back to the starting position, generating momentum for the next repetition.
Butterfly Stretch	https://youtu.be/kjeYL-G-P-Vc	Sit on the floor with your knees bent and the soles of your feet touching, allowing your knees to fall out to the sides. Hold your feet with your hands. Sit up tall, lengthening your spine. Gently press your knees towards the ground, feeling a stretch in your inner thighs and groin area.
Cable Bent Over Lateral Raise	https://youtu.be/emjrs9M-jo	Stand with a slight bend in your knees. Hinge at the hips, maintaining a straight back. Lift dumbbells in a reverse fly motion with a slight bend in your elbows and squeeze your shoulder blades together
Cable Cross Woodchop	https://youtu.be/0ZZF8006fgE	Attach a rope to a cable machine. Stand with feet shoulder-width apart. Pull the cable diagonally across your body from above your shoulder closest to the machine to below your opposite hip Engage your core throughout. Perform as necessary.
Cable Crunch	https://youtu.be/L2VEXScLd4c	Attach a rope to a cable machine at head height. Kneel facing away from the machine and bring the rope to either side of your neck Crunch down trying to touch your nose to your knees Squeeze your abs for a 1 count
Cable External Rotation	https://youtu.be/42UIBfcEiZA	Attach a handle to a cable machine. Stand with your side to the machine. Rotate your arm away from your body. Control the movement.
Cable Facepull	https://youtu.be/oe2jvXLE9GM	Attach a rope to the cable machine at eye level. Stand with feet shoulder-width apart and hold the rope handles. Pull the rope towards your face, squeezing your shoulder blades. Maintain control throughout the movement.
Cable Flat Bench Single Arm Fly	https://youtu.be/D4z5EoQa3Ag	Attach a handle to a low pulley on a cable machine. Lie on a flat bench facing away from the machine. Hold the handle with one hand at chest height, with a slight bend in the elbow, out to your side Maintaining that elbow bend, squeeze the handle to up above your chest and squeeze
Cable Hammer Curl	https://youtu.be/MkUnz721HRs	Attach a handle to a low pulley on a cable machine. Stand with feet shoulder-width apart. Hold the handle with a neutral grip. Staying in a neutral grip curl the handle, keeping your elbows close to your sides.

Cable Incline Triceps Extension	https://youtu.be/WQYJwBbAQ	Attach a rope or a preacher handle to a low pulley on a cable machine. Adjust an incline bench to a comfortable angle with the head of bench closest to the machine Lie on the bench with the handle overhead and extend at the elbows so at full extension the handle is over your forehead Focus on your triceps during the movement.
Cable Internal Rotation	https://youtu.be/MydEohX-p5E	Attach a handle to a cable machine. Stand with your side to the machine, arm at a 90-degree angle. Hold the handle with your near hand. Rotate your arm toward your body while keeping your elbow against your side.
Cable Kneeling Triceps Extension	https://youtu.be/k08XqujKYxl	Attach a rope to a high pulley on a cable machine. Kneel facing away from the machine. Hold the rope with both hands behind your head. Extend your arms overhead, targeting your triceps.
Cable Lateral Raise	https://youtu.be/BLydgjgIFUI	Attach a handle to a cable machine. Stand with feet shoulder-width apart, facing perpendicular to the machine. Hold the handle with the hand furthest from the machine. Lift the handle to the side across your body, keeping your arm slightly bent.
Cable Low Crossover	https://youtu.be/e6bZUXvR85I	Set cable to the lowest position. Stand parallel with the cable Grab handle with hand furthers from attachment Pull handle across your body with straight arm Squeeze shoulder muscles and control the return.
Cable Lying Triceps Extension	https://youtu.be/vukPFf7T4dY	Attach a rope or a preacher handle to a low pulley on a cable machine. Slide the head of a bench closest to the machine Lie on the bench with the handle overhead and extend at the elbows so at full extension the handle is over your forehead Focus on your triceps during the movement.
Cable Overhead Curl	https://youtu.be/HUv7Wc3l9ns	Set cable at a high position. Stand with feet shoulder-width apart. Grab the cable handle with palm facing up. Keep elbow stationary, curl handle toward your face. Squeeze bicep, then lower with control.
Cable Overhead Triceps Extension	https://youtu.be/Hxkav3DQhcQ	Attach a rope to a high pulley on a cable machine. Stand with feet shoulder-width apart facing away from the machine Hold the rope with both hands behind your head Extend your arms fully above your head targeting your triceps.
Cable Reverse Crunch	https://youtu.be/uKjhu1cOEgQ	Attach a strap to a low pulley. Lie on your back with your feet in the strap, feet closest to the machine Tuck your knees toward your chest replicating a crunch Pull your abs together at the top and squeeze
Cable Seated Crunch	https://youtu.be/wrl_9l6sA3s	Attach a rope to a high pulley on a cable machine. Sit on a bench facing away from the machine. Hold the rope behind your head. Crunch down, focusing on your core muscles.
Cable Seated Fly	https://youtu.be/Ll5cvjBN4o0	Attach handles to a cable machine at chest height. Sit on a bench facing away from the machine. Hold the handles with your arms extended to the sides and elbows slightly bent Bring the handles together in front of you maintaining a slight bend in the elbows, as your hands get closer to each other, squeeze your chest.
Cable Seated Row	https://youtu.be/pe14jOxwiy4	Sit comfortably with knees slightly bent and feet flat. Grab the cable handles with an overhand grip. Keep back straight, pull handles towards you. Squeeze shoulder blades together at the back. Control the release, maintaining good posture.
Cable Shrug	https://youtu.be/Gmau_PlqYk	Attach a handle or two to a cable machine. Stand with feet shoulder-width apart. Facing the machine, hold the handle with both hands or one handle in each hand in front of you and slightly to the side of your thighs. Shrug your shoulders "up and back", engaging your traps.
Cable Single Arm Crossover	https://youtu.be/nWzyG0lRdoc	Set cable to highest position. Stand with feet shoulder width apart. Grab the handle with hand closest to cable Pull cable across the body in a downward direction Control the return and switch sides.
Cable Single Arm Shoulder Press	https://youtu.be/gYGyrRln8rs	Set cable at shoulder height. Stand with feet shoulder-width apart. Grab the handle with one hand at shoulder level. Press the handle overhead, fully extending the arm. Lower with control and repeat on the other side.
Cable Standing Single Arm Curl	https://youtu.be/qjaytG_a0yM	Set cable at a low position. Stand with feet shoulder-width apart. Grab the handle with one hand, palm facing up. Keep elbow stationary, curl handle towards shoulder. Squeeze biceps, then lower with control.
Cable Standing Wood Chop	https://youtu.be/pNvM8P1grhk	Set cable at a high position. Stand perpendicular to the cable with feet shoulder-width apart. Hold the handle with both hands above the shoulder. Rotate your torso, pulling the handle diagonally across the body and down. Control the movement, engaging core muscles.
Cable Triceps Pushdown	https://youtu.be/8Dz-0Vkmjc	Attach a bar to a high pulley on a cable machine. Stand with feet shoulder-width apart. Hold the bar with an overhand grip and with your elbows locked to your sides Push the bar down, keeping your chest and chin up, and squeeze the triceps
Cable Twisting Single Arm Chest Press	https://youtu.be/kplWnhjFJ3xU	Attach a handle to a low pulley on a cable machine. Stand or sit perpendicular to the machine Hold the handle with one hand at chest height. Press the handle forward while twisting your torso to the opposite side of the hand which your holding the handle
Cable Twisting Single Arm Overhead Press	https://youtu.be/WT0fUQF3U	Attach a handle to a low pulley on a cable machine. Stand with feet shoulder-width apart, facing the machine. Hold the handle with one hand about shoulder height Press the handle upward while twisting your torso.

Cable Twisting Single Arm Standing Chest Press	https://youtu.be/J25q6oVsBlw	Attach a handle to a low pulley on a cable machine. Stand with feet shoulder-width apart, facing away from the machine. Hold the handle with one hand at chest height. Press the handle forward while twisting your torso.
Calf Foam Roll	https://youtu.be/7TeLQcSR09I	Sit on the floor with your legs extended. Place a foam roller under your calves. Support your weight with your hands behind you and lift your hips off the ground. Roll up and down from just below the knee to above the ankle, using your body weight to apply pressure.
Carioca Drill	https://youtu.be/laFbIMkL09A	Stand with feet shoulder-width apart. Cross your right foot over your left foot. Step your left foot to the side, behind your right foot. Step your right foot to the side, opening up your hips. Repeat the sequence, alternating the direction each time.
Cat Cow	https://youtu.be/3TF3q7LWCJU	Start on your hands and knees in a tabletop position. Inhale, arch your back, drop your belly (Cow Pose). Exhale, round your spine, tuck your chin (Cat Pose). Flow between Cat and Cow poses with each breath. Focus on fluid, controlled movements
Chain Bench Press	https://youtu.be/_pghppifg8	Set up chains symmetrically on the barbell. Grip the barbell slightly wider than shoulder-width apart and unrack it. Lower the barbell to your chest with elbows tucked. Press the barbell upward, causing the chains to lift off the ground. Lock out elbows at the top, then lower the barbell with control.
Chain Deadlift	https://youtu.be/9T0QsFTODVx	Set up chains symmetrically on the barbell. Stand with feet hip-width apart, toes under the barbell. Grip the barbell with hands shoulder-width apart, keeping back flat and chest up. Drive through heels, lifting the barbell off the ground.
Chair Pose	https://youtu.be/IEQ5fiiPNC0	Stand with your feet together or hip-width apart. Inhale as you raise your arms overhead, palms facing each other. Exhale as you bend your knees and lower your hips, as if sitting back into an imaginary chair. Keep your chest lifted and gaze forward, ensuring your knees stay aligned with your ankles. Hold the pose for several breaths, then straighten your legs to come out of the pose.
Childs Pose	https://youtu.be/u3BbO6JWEbc	Start on hands and knees, wrists under shoulders. Sit back on heels, extending arms forward. Lower chest towards the floor, forehead resting. Relax and breathe deeply, stretching the back. Hold the pose, feeling a gentle stretch.
Chin Up	https://youtu.be/1xUJzwniBbk	Grip the bar with your palms facing towards you and hands shoulder-width apart. Hang from the bar with your arms fully extended. Engage your core and keep your body straight. Avoid swinging or using momentum to pull yourself up. Pull your body up towards the bar by bending your elbows and squeezing your shoulder blades together. Your chin should go over the bar. Lower your body back down in a slow and controlled manner until your arms are fully extended.
Clapping Push Up	https://youtu.be/zWcQ9tffMnsc	Start in a plank position with hands slightly wider than shoulder-width. Lower your chest towards the ground in a push-up. Explosively push off the ground with enough force to clap your hands. Land with control and immediately go into the next repetition. Maintain a straight body line throughout the movement.
Clean	https://youtu.be/O1BQJlhUKeo	Begin with the barbell on the ground, centered over your feet. Stand with your feet hip-width apart and toes pointing forward. Bend at your hips and knees to lower your torso and grip the barbell with an overhand grip (palms facing you) just outside your knees. Keep your back flat, chest up, and shoulders over or slightly in front of the barbell. Engage your core and lats as you prepare to lift. Explosively extend your hips, knees, and ankles to lift the barbell off the ground. As the barbell rises, shrug your shoulders and pull the barbell upward with your arms, keeping it close to your body. Bend your elbows and "catch" the barbell on your front shoulders in a full squat position, and your chest up. Stand up to fully lock out your hips and knees, holding the barbell in the front rack position. Reverse the movement by lowering the barbell back to the ground with control.
Clean & Press	https://youtu.be/6Gs_HzxYBn8	Begin with a barbell on the ground, feet shoulder-width apart. Bend at the hips and knees, gripping the barbell with hands just outside shoulder-width. Lift the bar explosively, bringing it to shoulder height in a clean motion. Perform a front squat and then press the bar overhead.
Clean Deadlift	https://youtu.be/AakLbnNNAMo	Stand with feet hip-width apart and a barbell in front of you. Bend at the hips and knees, keeping the back straight. Grip the barbell with hands slightly wider than shoulder-width. Lift the bar by extending hips and knees, maintaining a flat back. Stand tall, shoulders back, engaging glutes and core at the top.
Clean Pull	https://youtu.be/gHdPK3hxmOY	Start with feet hip-width apart and a barbell in front of you. Bend at the hips and knees, keeping the back straight. Grip the barbell with hands slightly wider than shoulder-width. Pull the bar straight up by extending hips and knees. Keep the bar close to the body and shrug the shoulders at the top.
Clean Shrug	https://youtu.be/HN8qBL9fUO	Stand with feet shoulder-width apart, holding a barbell in front of you. Bend at the hips and knees, lowering the barbell towards the ground. Explosively extend hips and knees, lifting the barbell to chest height. As the bar reaches its highest point, shrug shoulders towards your ears. Lower the barbell back down with control, emphasizing the shrug movement.
Close Grip Barbell Bicep Curl	https://youtu.be/MynJlDxwPY8	Stand with feet shoulder-width apart. Grip the barbell with hands closer than shoulder-width. Keep elbows close to the body. Curl the barbell toward your chest. Squeeze biceps at the top, then lower with control.
Close Grip DB Press	https://youtu.be/9-W28WQqMl8	Lie on your back with dumbbells in hand. Position hands closer than shoulder-width. Press dumbbells up from chest to full extension. Lower with control, elbows close to the body. Engage triceps and chest throughout the movement.

Close Grip EZ Bar Press	https://youtu.be/sUJSWbLCMok	Lie on a bench, gripping an EZ bar with hands close together. Position the bar over the chest with arms extended. Lower the bar towards the chest with control. Push the bar back up, fully extending the arms.
Close Grip Floor Press	https://youtu.be/g14MAkqb3YY	Lie on your back on the floor with a barbell held with a close grip. Keep elbows tucked in close to your body. Lower the barbell to the chest, keeping upper arms on the floor. Press the barbell back up to the starting position.
Close Grip Incline Bench Press	https://youtu.be/0Tbmz8GieYM	Set up on an incline bench with a barbell. Grip the bar with hands closer than shoulder-width. Lower the bar to the upper chest with control. Press the bar back up, fully extending the arms.
Close Grip Pull Up	https://youtu.be/183V-wdxvU	Grip the pull-up bar with hands closer together than shoulder-width apart, palms facing away from you. Hang from the bar with arms fully extended, engaging your core. Pull your body upward by driving your elbows down towards your sides, focusing on using your back muscles. Continue pulling until your chin clears the bar, maintaining control throughout the movement. Lower your body back down to the starting position in a controlled manner, fully extending your arms.
Close Grip Push Up	https://youtu.be/W_jcs00-mKM	Begin by getting into a standard push-up position. Position your hands so that your thumbs and index fingers are close together, forming a diamond shape with your hands. Lower your body toward the ground by bending your elbows. Keep your elbows close to your sides throughout the movement. Lower yourself until your chest is just above the diamond-shaped space between your hands or until your chest is about an inch above the ground.
Close Grip Push Up Off Of DB	https://youtu.be/z-8l4nQsRFc	Start in a plank position with hands on either end of a dumbbell. Keep elbows tucked close to your sides throughout the movement. Lower your chest towards the ground, maintaining a straight body. Push back up to the starting position.
Close Hand Push Up	https://youtu.be/uOqOZX8_oM	Start in a plank position with hands closer than shoulder-width. Keep elbows tucked close to your sides. Lower your chest towards the ground. Push back up to the starting position. Engage core and chest muscles throughout the movement.
Cloud Pose	https://youtu.be/7Oy3pbs-ohQ	Lie on your back with your arms alongside your body, palms down. Engage your core and lift your legs off the ground, bringing them over your head. Allow your toes to touch the ground behind your head, keeping your legs straight if possible. Support your back with your hands or interlace your fingers behind your back on the floor.
Cobra	https://youtu.be/1RoDIJgKq0I	Lie face down with palms near chest. Press tops of feet into the mat. Lift chest while keeping hips grounded. Extend arms, opening the chest. Relax shoulders, gaze forward or upward.
Cobra Pose	https://youtu.be/65wv7PURy2w	Lie face down on the mat with your palms flat on the ground under your shoulders. Press into your palms and slowly lift your chest off the mat, straightening your arms. Keep your elbows close to your body and shoulders away from your ears. Lengthen your spine, opening your chest forward and lifting your gaze. Press the tops of your feet into the mat and engage your leg muscles.
Commando Pull Up	https://youtu.be/SEdgUZ07AQU	Begin by gripping the pull-up bar with one hand in an overhand grip (palms facing away) and the other hand in an underhand grip (palms facing towards you), slightly wider than shoulder-width apart. Hang from the bar with arms fully extended, engaging your core. Pull your body upward by alternating between the overhand and underhand grips, leading with one hand and then the other. Continue pulling until your chin clears the bar, maintaining control throughout the movement. Lower your body back down to the starting position in a controlled manner, fully extending your arms.
Concentration Curl	https://youtu.be/lbmDC18m9VE	Sit on a bench with a dumbbell in one hand. Rest the back of your arm against your inner thigh. Curl the dumbbell towards your shoulder. Squeeze the biceps at the top of the movement. Lower the dumbbell with control and repeat on the other arm.
Copenhagen Plank	https://youtu.be/50oiBd2eARs	Start by lying on your side with your elbow directly beneath your shoulder and legs stacked on top of each other. Place your top foot onto a sturdy surface, such as a bench or box. Lift your hips off the ground, creating a straight line from your head to your heels. Engage your core and hold this position, ensuring your body remains in a straight line without sagging or twisting.
Cossack Squat	https://youtu.be/T_2BXAZknM	Start with feet wider than shoulder-width apart. Shift weight to one side, bending that knee into a deep squat. Keep other leg straight, foot flat on ground. Lower until thigh is parallel to ground. Push through heel to return to starting position; alternate sides.
Couch Stretch	https://youtu.be/laR_ETK_AO8	Begin by kneeling in front of a couch or wall. Place one foot flat against the couch or wall, with your knee directly under your hip. Extend the other leg behind you, keeping your knee on the ground. Engage your core and shift your hips forward, feeling a stretch in the front of your hip and thigh.
Counterbalance Pistol Squat	https://youtu.be/HSD86SG1Vg	Stand on one leg, the other extended in front. Hold a weight out in front of you for balance. Lower into a single-leg squat, keeping raised leg straight. Keep chest up, back straight throughout. Push through heel to stand back up; switch legs and repeat.
Crab Walk	https://youtu.be/eio3xG1EVMA	Start in a seated position with your hands behind you, fingers pointing toward your feet. Lift your hips off the ground, creating a tabletop position. Walk forward or backward by moving your hands and feet. Engage core and glutes for stability.
Cross Body Hammer Curl	https://youtu.be/UUJYGoh51dl	Stand with feet shoulder-width apart, holding a dumbbell in each hand. Start with palms facing your sides. Curl the right dumbbell across your body towards the left shoulder. Squeeze the biceps at the top of the movement. Lower the dumbbell with control and repeat on the other side.
Cross Body Push Up	https://youtu.be/QoY0uEWrQA	Start in a traditional push-up position with your hands slightly wider than shoulder-width apart. Cross one leg underneath planted leg and execute a push up. Repeat the push-up, alternating legs with each repetition.

Cross Over Double Under	https://youtu.be/AJKRlo1g698	Begin with your jump rope in hand and feet shoulder-width apart. Initiate a regular double under jump, swinging the rope twice under your feet for each jump. As the rope comes around for the second swing, cross your arms in front of your body, creating an "X" shape with the rope. Jump high to allow the rope to pass under your feet twice while maintaining the crossed arm position. Uncross your arms and land softly, then repeat the motion, ensuring the rope clears under your feet twice with each jump.
Crossover	https://youtu.be/eE6F4EC1rXg	Start with your jump rope in hand and feet shoulder-width apart. Swing the rope over your head and begin jumping with both feet. As the rope approaches the ground, cross your arms in front of your body, allowing the rope to pass under one arm and over the other. Quickly uncross your arms, allowing the rope to pass under you as you continue jumping. Repeat the motion, crossing your arms alternately with each jump.
Crossover Crunch	https://youtu.be/TFs9nJbly7M	Lie on your back with knees bent and feet flat on the floor. Place hands behind your head or extend arms toward knees. Lift your head and shoulders, bringing left elbow to right knee. Engage core, lower back down, and repeat on the other side.
Crossover Reverse Lunge	https://youtu.be/JTuEVQ_IJEZA	Stand with feet together. Step back and across with the right leg into a lunge. Lower the body, keeping the front knee over the ankle. Push off the right foot, returning to the starting position. Repeat on the other side, crossing back with the left leg.
Crunch	https://youtu.be/Z-ZkUct1m4M	Lie on your back with knees bent and feet flat. Place hands behind your head or across your chest. Lift your head and shoulders off the ground. Squeeze your abdominal muscles at the top. Lower back down with control.
Cuban Press	https://youtu.be/4FKxsJEnSww	Hold a dumbbell in each hand with palms facing your body, at waist level. Lift the dumbbells to chest height, keeping your elbows bent at 90 degrees. Rotate your shoulders to bring the dumbbells beside your head. Press the dumbbells overhead, fully extending your arms. Reverse the motion, bringing the dumbbells back to waist level.
Curtsy Lunge	https://youtu.be/jhWRTK-F5c	Stand with feet hip-width apart and hands on hips. Step one foot diagonally behind and across the opposite leg. Lower your body by bending both knees, keeping your torso upright. Push through the front heel to return to the starting position. Repeat on the other side, alternating legs with each repetition.
DB Alternating Bicep Curl	https://youtu.be/hAVXxC1dMQg	Stand with a dumbbell in each hand, palms facing forward. Keep elbows close to your sides. Curl one dumbbell towards your shoulder. Squeeze the biceps at the top. Lower the dumbbell with control and repeat on the other arm.
DB Bench Press	https://youtu.be/S3XkiSkekPA	Lie flat on a bench with your feet firmly planted on the ground. Hold a dumbbell in each hand at chest level, with your palms facing forward. Push the dumbbells upward, extending your arms fully, and then lower them back to chest level. Keep your back flat against the bench and maintain a controlled motion.
DB Bicep Curl	https://youtu.be/WeR82tVsEVs	Stand up straight with a dumbbell in each hand, arms fully extended, and palms facing forward. Keep your upper arms close to your torso and your elbows locked in place. Curl the dumbbells up toward your shoulders while keeping your upper arms stationary. Squeeze your biceps at the top of the movement. Slowly lower the dumbbells back to the starting position.
DB Box Squat	https://youtu.be/aQewdT5KoB0	Stand with a dumbbell in each hand, feet shoulder-width apart, in front of a box or bench. Hold the dumbbells at shoulder height with palms facing inward. Lower your body into a squat by pushing your hips back and bending your knees. Sit onto the box, ensuring it's sturdy and supports your weight. Press through your heels, extending your hips and knees to stand back up.
DB Bulgarian Split Squat	https://youtu.be/c0Y35fthKsE	Stand facing away from a bench or step with a dumbbell in each hand. Place your right foot on the bench behind you. Lower your body into a lunge, bending both knees. Push through the left heel to return to the starting position. Repeat on the other leg, alternating between legs for each set.
DB Clean	https://youtu.be/_HU2OzCqGws	Begin with dumbbells on the ground in front of you. Squat down, gripping dumbbells with palms facing thighs. Explosively extend hips and knees, shrugging shoulders. Pull dumbbells upward, flipping wrists and catching at shoulder height.
DB Crunch	https://youtu.be/n9T1qub9gFY	Lie on your back with knees bent, feet flat on the floor. Hold a dumbbell on your chest. Engage core and lift shoulders off the ground. Keep lower back pressed into the floor. Lower shoulders back down with control.
DB Curl Lying Against Incline	https://youtu.be/ZFK92-Ri5yM	Set an incline bench to a desired angle. Lie face-down on the bench, holding a dumbbell in each hand. Allow your arms to hang straight down, palms facing in. Curl the dumbbells toward your shoulders, keeping elbows still. Squeeze your biceps at the top, then lower the dumbbells with control.
DB Deadlift	https://youtu.be/zjyvtMvViUc	Stand with your feet hip-width apart, toes under the dumbbells. Bend at your hips and knees to lower your body, keeping your back flat and chest up. Grab the dumbbells with an overhand grip. Stand up by straightening your hips and knees, lifting the dumbbells with you. Keep the dumbbells close to your body as you stand. Lower the dumbbells back to the ground by bending at the hips and knees. Keep your back flat throughout the movement.
DB Farmer's Walk	https://youtu.be/mRXBP20E9jk	Stand with a dumbbell in each hand at your sides. Maintain a straight back and engage your core. Walk forward while carrying the dumbbells keeping a small space between your body and each dumbbell, taking short, controlled steps. Keep your shoulders back, maintain good posture. Walk for a set distance or time as part of your workout.

DB Floor Press	https://youtu.be/i1yoygDuZIA	<p>Lie on your back on the floor with a dumbbell in each hand. Bend your knees and plant your feet on the ground. Hold the dumbbells at chest level with your palms facing your feet and your elbows at a 45 from your body Press the dumbbells upward until your arms are fully extended. Lower the dumbbells back to chest level. Keep your core engaged and maintain proper form throughout the exercise.</p>
DB Fly	https://youtu.be/MgnvKUapvgU	<p>Lie on your back on a bench with a dumbbell in each hand, arms extended over your chest. Bend your elbows slightly and open your arms wide, lowering the dumbbells out to the sides. Feel a stretch in your chest muscles. Bring the dumbbells back up to the starting position by squeezing your chest. Keep a slight bend in your elbows throughout the exercise.</p>
DB Front Raise	https://youtu.be/T8HJNOZ64nd	<p>Stand with a dumbbell in each hand, palms facing your body. Keep a slight bend in your elbows. Lift the dumbbells directly in front of you. Raise until your arms are parallel to the ground. Lower the dumbbells with control</p>
DB Front Squat	https://youtu.be/ixeg3s04xlw	<p>Hold a dumbbell in each hand at shoulder height with your palms facing up. Stand with your feet shoulder-width apart. Lower your body into a squat position by bending your knees and hips. Keep your back straight and chest up. Squat down until your thighs are parallel to the ground or as far as you can comfortably go. Push through your heels to stand back up.</p>
DB Hang Clean	https://youtu.be/ykyf7szE0qU	<p>Stand with feet hip-width apart, holding a dumbbell in each hand. Bend at the hips, keeping a slight bend in the knees. Lower the dumbbells towards the floor, arms fully extended. Explosively stand up, pulling the dumbbells towards your shoulders. Catch the dumbbells at shoulder height, then lower back down.</p>
DB Incline Fly	https://youtu.be/GdWfZVW9L8	<p>Set an incline bench to a moderate angle. Lie on the bench with a dumbbell in each hand, arms extended upward. Lower the dumbbells out to the sides with a slight bend in your elbows. Feel the stretch in your chest, then squeeze your chest to bring the dumbbells back up.</p>
DB Incline Front Raise	https://youtu.be/j7VWC5jMEQ	<p>Set an incline bench to a moderate angle. Lie face down on the bench, chest and stomach against the incline. Hold a dumbbell in each hand with arms hanging straight down. Lift the dumbbells to shoulder height. Lower the dumbbells back down with control.</p>
DB Incline Row	https://youtu.be/3XqWUZJK8IQ	<p>Set an incline bench at a 45-degree angle. Lie face down on the bench with a dumbbell in each hand. Allow your arms to hang straight down towards the floor. Row both dumbbells towards your hips, squeezing your shoulder blades. Lower the dumbbells with control and repeat.</p>
DB Incline Tricep Extension	https://youtu.be/6jXq4w0Q5Fc	<p>Sit on an incline bench, holding a dumbbell. Start with the weight overhead, arms extended. Lower the dumbbell behind your head, bending elbows. Extend elbows, returning to the starting position. Keep upper arms steady, engaging triceps.</p>
DB Jump Lunge	https://youtu.be/Z8q8X6XxGdk	<p>Hold a dumbbell in each hand at your sides. Stand with your feet hip-width apart. Take a step forward with one foot and lower your body into a lunge position. Explode off the ground and switch legs in mid-air, landing in a lunge with the opposite foot forward. Keep your chest up and core engaged. Continue alternating legs, jumping in between each lunge.</p>
DB Jump Squat	https://youtu.be/yaQzkLorww4	<p>Hold a dumbbell in each hand at your sides. Stand with feet shoulder-width apart. Lower into a squat position. Explosively jump, reaching arms overhead. Land softly, bending knees, and repeat for a dynamic squat jump.</p>
DB Lateral Lunge	https://youtu.be/eixAFxKB1zs	<p>Hold a dumbbell in each hand at your sides. Stand with feet together. Take a step to the side with your right foot. Lower your body into a lunge, keeping the left leg straight. Push off the right foot to return to the starting position. Repeat on the other side.</p>
DB Lateral Raise	https://youtu.be/whusm2iuktU	<p>Stand with a dumbbell in each hand at your sides. Keep your feet shoulder-width apart and a slight bend in your elbows. Raise both dumbbells out to the sides until they reach shoulder level. Lower them back down slowly. Keep your core engaged and maintain proper posture throughout.</p>
DB Lunge & Curl	https://youtu.be/20Biq9YTzWE	<p>Hold a dumbbell in each hand at your sides. Step backward into a lunge with your right leg. Push off the right foot, return to the starting position. After you lunge, perform a bicep curl with both arms. Repeat on the other leg, alternating lunges and curls.</p>
DB Lying Rear Lateral Raise	https://youtu.be/Lx37_D8u_zE	<p>Lie face down on an incline bench, set at a low angle, with a dumbbell in each hand. Let your arms hang straight down toward the floor. Lift the dumbbells out to the sides, leading with your thumbs. Squeeze your shoulder blades together at the top of the movement. Lower the dumbbells back down with control, maintaining a slight bend in your elbows.</p>
DB Military Press	https://youtu.be/6gxB7TTf0k0	<p>Sit or stand with a dumbbell in each hand at shoulder height, palms facing forward. Press the dumbbells overhead until your arms are fully extended. Lower the dumbbells back down to shoulder height. Keep your core engaged and avoid arching your back excessively.</p>
DB Overhead Squat	https://youtu.be/ZqHaYsC0ZBQ	<p>Hold a dumbbell in each hand at shoulder height. Stand with feet shoulder-width apart. Press the dumbbells overhead, fully extending arms. Lower into a squat, keeping the arms overhead. Push through heels to stand up, maintaining arm extension.</p>

DB Pistol Squat	https://youtu.be/XpExeOArpXQ	Hold one dumbbell with both your hands Stand on your left leg, extending the right leg straight in front of you. Lower your body into a squat, keeping the right leg elevated. Keep the dumbbell away from your body with straight arms Push through the left heel to return to the starting position. Repeat on the other leg, alternating for each repetition.
DB Plank Pull Through	https://youtu.be/JbOaC7lckfl	Start in a plank position with feet wider than shoulder-width. Place a dumbbell beside your right hand. Reach left hand under, grab the dumbbell, and pull it to the left. Keep hips level, engage core throughout the movement. Return the dumbbell to the starting position, then repeat on the other side.
DB Pullover	https://youtu.be/vKL5L6L6Aeo	Lie on your back on a bench with your head and upper back supported. Hold a dumbbell with both hands above your chest, arms slightly bent. Lower the dumbbell behind your head while keeping your arms slightly bent. Feel a stretch in your chest and lats. Pull the dumbbell back over your chest to the starting position. Maintain a stable position on the bench and avoid arching your back.
DB Push Press	https://youtu.be/51B9XyjiDrE	Hold a dumbbell in each hand at shoulder height, palms facing forward. Stand with your feet shoulder-width apart. Bend your knees slightly to create momentum. Explosively push the dumbbells overhead by straightening your legs. Lock out your arms at the top of the movement. Lower the dumbbells back to shoulder height.
DB Roll Back	https://youtu.be/_q0UkHX7p4	Sit on a bench, holding dumbbells by each ear. Lift weights straight above your body. Bring weights back to the starting position by your ear.
DB Row	https://youtu.be/VZXUUnQP_5Q	Stand with feet shoulder-width apart. Hinge at the hips, keeping a flat back. Grip dumbbells with each hand, arm fully extended. Pull dumbbells to hip, squeezing shoulder blades. Lower dumbbell with control, repeat on both sides.
DB Russian Twist	https://youtu.be/Oo5hSQDbZy8	Sit on the floor with knees bent, feet elevated. Hold dumbbell with both hands, arms extended in front. Twist torso to one side, bringing dumbbell beside hip. Keep core engaged and back straight. Return to center and twist to the other side.
DB Scaption	https://youtu.be/-NkvsUS_1hE	Begin with a dumbbell in each hand, palms facing in. Lift arms diagonally to shoulder height, forming a "Y" shape. Keep a slight bend in the elbows throughout the movement. Lower with control.
DB Seated Bent Over Double Arm Tricep Extension	https://youtu.be/DLQwwijB7No	Sit on a bench, hinge at hips, and grasp dumbbells. Keep elbows close to your head, pointing upward. Extend both arms fully, squeezing triceps. Lower dumbbells back with control, repeat.
DB Seated Box Jump	https://youtu.be/TVBAkmFjmrw	Begin seated on a box, feet flat on the ground. Explosively jump up onto a higher box. Land softly with knees slightly bent. Ensure a controlled descent for safety.
DB Seated Single Leg Calf Raise	https://youtu.be/51Nnm1gHrY8	Sit on a bench or chair with a dumbbell in one hand. Place the ball of your foot on a raised surface. Lift your heel, raising your foot as high as possible. Lower your heel below the level of the raised surface. Perform the exercise on one leg before switching to the other.
DB Shrug	https://youtu.be/EoGZd_fh9ds	Stand with a dumbbell in each hand at your sides, palms facing your body. Keep your feet shoulder-width apart. Lift your shoulders as high as possible, squeezing your traps. Lower your shoulders back down. Keep your arms straight and avoid using your biceps.
DB Side Bend	https://youtu.be/7EUEzyf8hXo	Hold a dumbbell in one hand at your side. Stand up straight with your feet shoulder-width apart. Slowly bend your torso to the side with the dumbbell, keeping your core engaged. Feel a stretch along your obliques. Return to an upright position.
DB Side Step Up	https://youtu.be/lkAXEzPdHK0	Hold a dumbbell in each hand at your sides. Stand next to a bench or step. Step up onto the bench with your right foot. Push through your right heel to lift your body. Lower back down and repeat on the other side.
DB Single Arm Tricep Extension	https://youtu.be/1igKfI5dbxc	Hold a dumbbell overhead with one hand. Keep elbow close to the head throughout. Extend arm fully, engaging triceps. Control the descent, maintaining form.
DB Single Leg Deadlift	https://youtu.be/mxZU1chONVE	Hold a dumbbell in each hand, palms facing your body. Stand on your left leg with a slight bend in the knee. Hinge at the hips, lowering the dumbbells toward the floor. Keep the back straight, extending the right leg behind. Return to the starting position and repeat on the other leg.
DB Skull Crusher	https://youtu.be/DqG6ZkWZMPs	Lie on your back on a bench with a dumbbell in each hand, arms extended straight up. Bend your elbows to lower the dumbbells towards your forehead, keeping your upper arms stationary. Extend your arms to lift the dumbbells back to the starting position. Keep your wrists stable and avoid moving your upper arms.
DB Snatch	https://youtu.be/nrytysWsegs	Start with a dumbbell on the floor between your feet. Squat down, grasp the dumbbell with one hand. Explosively extend hips, knees, and ankles. Pull the dumbbell upward, flipping wrist at the top. Catch the dumbbell overhead in a locked-out position.

DB Split Squat	https://youtu.be/FM3NPgdQXSw	Hold a dumbbell in each hand at your sides. Stand with one foot forward and the other foot back. Lower your body into a lunge, bending both knees. Keep the front knee directly above the ankle. Push through the front heel to return to the starting position.
DB Sumo Deadlift	https://youtu.be/OKXm6B3MIPI	Hold one dumbbell with both hands, feet wider than shoulder-width. Toes pointed slightly outward, dumbbell in front of you. Bend at the hips and knees, keeping back straight. Lower the dumbbell toward the floor. Push through heels, engaging glutes, to stand back up.
DB Swing	https://youtu.be/fJwijeISyVw	Hold a dumbbell with both hands in front of you, feet shoulder-width apart. Bend your knees slightly and hinge at the hips. Swing the dumbbell between your legs. Quickly extend your hips and swing the dumbbell to shoulder height. Keep your arms straight and use your hip thrust for power.
DB Thruster	https://youtu.be/R5bzKfrS0xQ	Hold a dumbbell in each hand at shoulder height, palms facing forward. Stand with your feet shoulder-width apart. Perform a squat by bending your knees and hips. As you stand up from the squat, press the dumbbells overhead. Lock out your arms at the top of the movement. Lower the dumbbells back to shoulder height.
DB Tricep Extension Pronated Grip	https://youtu.be/2etCuiWj2Ho	Lie on a bench, holding a dumbbell with both hands. Start with arms extended over the chest, palms facing ceiling. Bend elbows, lowering the dumbbell towards forehead. Extend elbows, returning to the starting position. Keep upper arms stationary and engage triceps.
DB Walking Lunge	https://youtu.be/OQCwOO_Z4NU	Hold a dumbbell in each hand at your sides. Stand up straight with your feet together. Take a step forward with one foot and lower your body into a lunge. The back knee should almost touch the ground. Push off the front foot to step forward into the next lunge.
DB Z Press	https://youtu.be/NY_oRRkCmoQ	Sit with legs straight, forming a "Z" shape. Hold dumbbells at shoulder height. Press weights overhead, avoiding arching. Engage core for stability throughout. Lower with control, maintain posture.
Dead Hang	https://youtu.be/Be-KNBUvCFs	Hang from a pull-up bar with straight arms. Grip the bar with hands shoulder-width apart. Keep shoulders engaged and core tight. Relax and breathe deeply, focusing on grip strength.
DeadBug	https://youtu.be/ma3K3yp_zMQ	Lie on your back with arms extended straight up. Lift your legs, bending knees at a 90-degree angle. Lower your right arm and left leg toward the floor. Keep your lower back pressed against the ground. Return to the starting position and repeat with the opposite limbs.
Deadlift	https://youtu.be/vds4MUa0TKs	Stand with your feet hip-width apart, with the barbell over the center of your feet. Bend at your hips and knees to lower your torso and grip the barbell with both hands using an overhand grip (palms facing you) or a mixed grip (one palm facing you and one palm facing away). Keep your back flat, chest up, and your shoulders over or slightly in front of the barbell. Engage your core and pull your shoulders "down" to engage your lats as you prepare to lift. Push through your full foot and straighten your hips and knees, lifting the barbell off the ground. As you stand up, keep the barbell close to your body, maintaining a neutral spine, chin tucked and a strong lower back. Fully lock out your hips and knees at the top at the same time, with your shoulders back and chest out. Reverse the movement by bending at your hips and knees, lowering the barbell back to the ground with control. Avoid rounding your back during the lift and descent.
Deadlift Block Pull	https://youtu.be/gtKHixQ1Q	Set up a barbell on blocks at knee height. Stand with feet hip-width apart and grip the barbell. Keep a flat back and hinge at the hips. Lift the barbell by extending your hips and knees. Lower the barbell back down with control.
Decline Bench Crunch	https://youtu.be/TvUHg0yfyz4	Lie face up on a decline bench with your feet secured at the top. Place your hands behind your head or across your chest. Engage your core and lift your shoulder blades off the bench, curling your upper body towards your knees. Keep your lower back pressed against the bench and avoid pulling on your neck. Lower back down with control and repeat for desired repetitions.
Decline Bench Press	https://youtu.be/BsxpWj54Zz4	Lie on a decline bench with feet secured. Grip the barbell slightly wider than shoulder-width apart. Lower the bar to chest, elbows at 45-degree angle. Press the bar upward, fully extending arms.
Decline Forearm Plank	https://youtu.be/kdP-ruhiAnA	Start in a plank position with feet on an elevated surface. Ensure your body forms a straight line from head to heels. Engage core muscles and hold the plank position. Keep elbows directly beneath the shoulders. Hold for the desired duration, maintaining proper form.
Decline Mountain Climber	https://youtu.be/2V-BIQWMeQo	Assume a plank position with your feet elevated on a sturdy bench or box. Keep your hands on the ground directly beneath your shoulders. Engage your core and bring one knee towards your chest. Quickly switch legs, jumping the first leg back while bringing the other knee towards your chest. Continue alternating legs in a running motion.
Decline Plank	https://youtu.be/W4qL3XC8Kcw	Begin in a plank position with your feet elevated on a surface. Maintain a straight line from head to heels. Engage your core and keep your hands directly beneath your shoulders. Hold the decline plank position for the desired duration. Focus on stability and proper body alignment.
Decline Push Up	https://youtu.be/S6yGOQXGz8	Assume a push-up position with your feet elevated on a stable surface. Keep your hands slightly wider than shoulder-width apart. Lower your chest towards the ground by bending your elbows. Push through your palms to extend your arms and return to the starting position. Engage your core and maintain a straight line from head to heels throughout the movement.

Decline Side Plank	https://youtu.be/HMpeEeCQzHQ	Start in a side plank position with feet elevated. Place the elbow directly beneath the shoulder. Keep the body in a straight line from head to heels. Engage core muscles and hold the side plank position. Switch sides or maintain for the desired duration.
Decline Sit Up	https://youtu.be/CRYHF-dVks0	Secure feet under decline bench pads. Cross arms over chest or place hands behind head. Engage core and lift torso towards knees. Control descent back to starting position.
Decline Spider	https://youtu.be/GZX7BOWbHY8	Begin in a plank position with feet elevated on a surface. Bring your right knee towards your right elbow. Engage your obliques and twist your torso slightly. Return your right leg to the starting position. Repeat with the left knee, alternating sides in a controlled manner.
Deficit Clean Deadlift	https://youtu.be/X0PFv1TstGA	Stand on a raised surface with a barbell in front of you. Position feet hip-width apart and grip the barbell. Keep a flat back and chest up. Lift the barbell by extending hips and knees. Lower the barbell back down with control, maintaining form.
Deficit Clean Pull	https://youtu.be/IVcnOz07w0g	Stand on a raised surface with a barbell in front of you. Position feet hip-width apart and grip the barbell. Maintain a flat back and chest up. Pull the barbell upward by extending hips and knees. Keep the bar close to your body, shrugging at the top.
Deficit Deadlift	https://youtu.be/gLcVTYF6G3I	Stand on a raised surface with a barbell in front of you. Position feet hip-width apart and grip the barbell. Maintain a flat back and chest up. Lift the barbell by extending hips and knees. Lower the barbell back down with control, maintaining form.
Deficit Push Up	https://youtu.be/1FISgHr8YHA	Start in a push-up position with hands on elevated surface. Keep hands slightly wider than shoulder-width apart. Lower chest towards the ground, elbows at 45-degree angle. Press upwards to fully extend arms.
Deficit Snatch	https://youtu.be/OoUKA4MWYHg	Stand on a raised surface with a wide grip on the barbell. Position feet hip-width apart and chest up. Lift the barbell by extending hips and knees explosively. Pull yourself under the bar, dropping into a deep squat. Catch the barbell overhead, then stand up to complete the lift.
Deficit Snatch Pull	https://youtu.be/N7GPMICZMzg	Stand on a raised surface with a barbell in front. Position feet hip-width apart, grip the barbell wide. Keep a flat back and chest up. Pull the barbell upward, extending hips and knees. Shrug shoulders at the top, keeping the bar close.
Depth Jump	https://youtu.be/pDuU1cvnuTk	Stand on an elevated surface (box or platform). Step off, landing softly on the ground. Immediately jump vertically upon landing. Focus on minimal ground contact time. Land with knees slightly bent for shock absorption.
Diamond Push Up	https://youtu.be/GaeesyLE27c	Get into a push-up position with your hands close together, forming a diamond shape with your thumbs and index fingers. Keep your body in a straight line from head to heels. Lower your chest towards the diamond shape, bending your elbows. Push back up to the starting position.
Dimel Deadlift	https://youtu.be/-dujqWW08I	Set up barbell in front of you. Position feet hip-width apart and grip the barbell. Lift the barbell by extending hips and knees. Lower the barbell back down to your knees. Once the bar reaches your knees, lift it back up.
Dip	https://youtu.be/TSEN-wj8Twi	Grip parallel bars with arms fully extended. Lower body by bending elbows until 90-degree angle. Push back up, fully extending arms. Keep chest up and shoulders down. Engage triceps and chest muscles throughout.
Dip Shrug	https://youtu.be/GreJw42okI4	Set up on parallel bars for dips. Lower body into the dip position. Perform a shrugging motion with your shoulders. Lift your body slightly using shoulder elevation. Focus on engaging and contracting the traps.
Dive Bomber Push Up	https://youtu.be/FY-skxB_bjs	Start in a downward dog position, hips raised. Dive your chest toward the ground in a swooping motion. Transition into an upward dog position, arching your back. Push back to downward dog, completing the dive bomber. Engage core and maintain a fluid, controlled movement.
Double Crunch	https://youtu.be/ITqppP-JFVs	Lie flat on your back with your knees bent and feet flat on the ground. Place your hands behind your head or crossed over your chest. Simultaneously lift your upper body and knees towards each other, crunching them together. Squeeze your abs at the top of the movement, bringing your elbows towards your knees. Lower both your upper body and legs back to the starting position with control.
Double KB Clean & Jerk	https://youtu.be/U7Ono7LT_zk	Start with a kettlebell between your feet. Hinge at your hips, bend your knees slightly, and grab the kettlebell handle. Swing the kettlebell between your legs, then explosively stand up, using your hips and legs. Pull the kettlebell up, letting it rotate onto the back of your wrist and your arm close to your body. Dip slightly and then press the kettlebell overhead. Lower the kettlebell to your shoulder and then back down to the starting position.

Double KB Clean & Push Press	https://youtu.be/4uIKLgL9g5E	Begin with kettlebells on the ground between feet. Hinge at hips, grip kettlebells with palms facing inward. Explosively extend hips and knees to clean kettlebells to shoulders. Dip slightly, then drive through legs to press kettlebells overhead. Lock out arms, then lower kettlebells back to shoulders and repeat.
Double KB Front Squat	https://youtu.be/_R5Sb6ii0yo	Hold a kettlebell close to your chest with both hands, gripping the handle. Stand with your feet shoulder-width apart. Keep your chest up, core engaged, and back straight. Lower your body by bending your knees and hips, pushing your hips back. Go as low as you can while keeping your heels on the ground and your chest up. Push through your heels to stand back up.
Double KB Push Jerk	https://youtu.be/4Ku24nFB6t4	Start with kettlebells in the rack position. Dip at the knees, then explosively drive up. Press kettlebells overhead with a slight dip. Lock out arms, engaging core for stability. Control descent, ready for the next rep.
Double KB Push Press	https://youtu.be/aAHVq-vZFME	Hold a kettlebell in each hand at shoulder height, palm facing forward. Stand with your feet shoulder-width apart. Bend your knees slightly and "dip" to create momentum. Explosively push the kettlebells overhead by straightening your legs. Lock out your arms at the top of the movement. Lower the kettlebells back to shoulder height.
Double KB Racked Squat	https://youtu.be/_6b0E3dUk3Q	Hold a kettlebell in each hand at shoulder height. Stand with feet shoulder-width apart. Keep elbows close to the body. Lower into a squat, keeping a straight back. Push through heels to stand up, maintaining the rack position.
Double KB Row	https://youtu.be/bSk9g49X_IY	Stand with feet shoulder-width apart, kettlebells on the floor between them. Hinge at the hips and grasp kettlebell handles with palms facing each other. Pull kettlebells towards hips, squeezing shoulder blades. Keep elbows close to body and torso stable. Lower kettlebells back down with control and repeat.
Double KB Split Jerk	https://youtu.be/1AMWESyhFW8	Begin in a split stance with kettlebells in rack position. Dip at the knees and explosively drive up. Split feet, one forward, one backward. Press kettlebells overhead, arms fully extended. Maintain stable core, return to starting position.
Double Pigeon Stretch	https://youtu.be/l1R7TG6IV9c	Sit on the floor with legs extended. Bend one knee and place ankle over opposite knee. Bring the other foot to meet the opposite hip. Sit tall, feeling a stretch in the hips. Hold the position and switch legs.
Double Under	https://youtu.be/dXpRTRr9IU	Begin with your jump rope in hand and feet hip-width apart. Swing the rope over your head and begin jumping with both feet. As the rope approaches the ground, rotate the wrists quickly to swing the rope twice under your feet for each jump. Jump high to allow the rope to pass under your feet twice before landing.
Downward Dog Lunge Rotation	https://youtu.be/BbHzhZakamk	Begin in a downward dog position, forming an inverted V-shape with hands shoulder-width apart and hips lifted. Step one foot forward between your hands into a lunge, lowering your back knee to the ground. Place one hand on the ground for support and rotate your torso, reaching the opposite hand towards the ceiling. Hold the rotation briefly, feeling the stretch in your spine and shoulders. Return your hand to the ground, then step back to downward dog position. Repeat on the other side.
Drag Curl	https://youtu.be/6KdYexgsY0E	Hold a barbell with a supinated (palms facing you) grip. Keep the barbell close to your body. Curl the barbell up while dragging it along your torso. Squeeze your biceps at the top. Lower the barbell down with control, maintaining the drag.
Drop Jump	https://youtu.be/OUL11FnXICQ	Start by standing on an elevated platform. Step off the platform and immediately absorb the landing by bending your knees. Explode back up as soon as your feet touch the ground. Jump as high as possible, extending hips, knees, and ankles. Land softly on the balls of your feet.
Dynamic Chest Stretch	https://youtu.be/X53-qlytpyl	Stand with feet shoulder-width apart. Extend arms parallel to the ground. Swing arms back and forth in a controlled motion. Keep the movement fluid and rhythmic.
Dynamic Clam Shell	https://youtu.be/Azd-zukfi-E	Lie on your side with knees bent, hips stacked, and a band around your knees. Keep feet together and lift top knee upward. Engage core to maintain stability. Control the movement; avoid rolling back. Return knee to starting position, repeat on both sides.
Eagle Arms Stretch	https://youtu.be/xHEGbuUY-WHA	Extend your arms out in front of you at shoulder height. Cross one arm over the other at the elbows. Wrap the top arm's forearm around the bottom arm's upper arm. Bring the palms of your hands together if possible. Lift your elbows slightly and press your forearms away from your face to deepen the stretch.
Elbow to Knee	https://youtu.be/RbRflgyR0w8	Lie on your back with hands behind your head. Lift your head and shoulders off the ground. Bring your right elbow to your left knee. Extend your right leg straight out. Repeat on the other side in a bicycle-like motion.
Elevated Body Weight Calf Raise	https://youtu.be/r_yKQwqiOxE	Stand on an elevated surface with heels hanging off. Rise onto toes, lifting heels as high as possible. Squeeze calves at the top of the movement. Lower heels below the elevated surface for a stretch. Repeat, maintaining control throughout.

Elevated Single Leg Body Weight Calf Raise	https://youtu.be/cMybCcNTOi0	Stand on one leg on an elevated surface. Rise onto toes, lifting the heel as high as possible. Engage the calf muscles and maintain balance. Lower the heel below the elevated surface for a stretch. Repeat on the other leg.
Exercise Ball Crunch	https://youtu.be/hhU6sqZoJsU	Sit on an exercise ball with feet flat on the floor. Walk your feet forward, allowing the ball to roll under you. Cross your arms over your chest or place hands behind your head. Contract your abs, lifting your upper body towards the ceiling. Lower back down with control.
Exercise Ball DB Chest Press	https://youtu.be/HGpOVGGIP4	Sit on an exercise ball with dumbbells in hand. Roll down until your upper back is on the ball. Press dumbbells upward, extending arms fully. Keep core engaged for stability. Control the descent; repeat for chest engagement.
Exercise Ball DeadBug	https://youtu.be/_zUR_C9oi-4	Lie on your back with arms and legs pointing up. Place an exercise ball between your arms and legs. Simultaneously lower your right arm and left leg toward the floor. Keep your lower back pressed against the ground. Return to the starting position and repeat with the opposite limbs.
Exercise Ball Decline Toe Tap	https://youtu.be/VknOzOrCOpl	Position yourself in a decline plank with feet on an exercise ball. Keep your body in a straight line from head to heels. Alternately tap each foot onto the ground beside the ball. Maintain a controlled and rhythmic movement.
Exercise Ball Forearm Plank	https://youtu.be/_Q6QchkAwNQ	Position yourself in a decline forearm plank with feet on an exercise ball. Ensure a straight line from head to heels. Engage core muscles for stability. Hold the plank position for the desired duration. Focus on proper form and controlled breathing.
Exercise Ball Plank	https://youtu.be/ej_ioRLBbkM	Position yourself in a decline plank with feet on an exercise ball. Ensure a straight line from head to heels. Engage core muscles for stability. Hold the plank position for the desired duration. Focus on proper form and controlled breathing.
Exercise Ball Pull In	https://youtu.be/Y3aFKkfwXY	Begin in a plank position with shins on the exercise ball. Keep your hands directly beneath your shoulders. Engage your core and pull the ball toward your chest. Bring your knees towards your chest in a controlled manner. Extend your legs back to the starting position and repeat.
Extended High Plank	https://youtu.be/xSjipHSAsKAU	Start in a plank position with arms fully extended beyond your shoulders. Ensure your body forms a straight line from head to heels. Engage your core and keep your shoulders directly above your wrists. Hold the extended high plank position for the desired duration. Focus on maintaining stability and proper body alignment.
External Rotation	https://youtu.be/cw1aUzcx90	Sit down with left knee up and left elbow resting on top of knee. Rotate left arm inward to be perpendicular with knee. Rotate left arm back to the starting position. Repeat with right elbow on right knee.
EZ Bar Curl	https://youtu.be/orBnNFT-pqI	Stand with feet shoulder-width apart. Grip the EZ bar with palms facing forward. Keep elbows close to your body. Curl the bar towards your shoulders. Squeeze your biceps at the top, then lower with control.
EZ Bar Skull Crusher	https://youtu.be/tKLDO7vdP8w	Lie on a bench, holding an EZ bar with an overhand grip. Start with arms extended over the chest. Lower the bar towards the forehead, bending elbows. Extend elbows, returning to the starting position. Keep upper arms stationary and engage triceps.
Feet Elevated Push Up	https://youtu.be/3teh2HApA7Y	Place your feet on an elevated surface, such as a bench or step. Get into a push-up position with your hands on the floor slightly wider than shoulder-width apart. Keep your body in a straight line from head to heels. Lower your chest towards the ground by bending your elbows. Push back up to the starting position.
Feet On Swiss Ball Plank	https://youtu.be/pCI3G2AxAAw	Start in a plank position with your feet on top of a Swiss ball and hands on the ground. Engage your core muscles to stabilize your body. Keep your body in a straight line from head to heels, avoiding sagging or arching. Hold the position for the desired duration, focusing on balance and stability. Maintain steady breathing throughout the exercise, and aim to keep the ball stable under your feet.
Feet On Swiss Ball Push Up	https://youtu.be/ydXnHkdtgr	Begin in a push-up position with your feet resting on a Swiss ball and hands on the ground. Engage your core muscles to maintain stability. Lower your chest towards the ground by bending your elbows, keeping them close to your sides. Push through your palms to extend your arms and return to the starting position. Maintain control and balance throughout the movement, using your core to stabilize the ball.
Finger Tip Push Up	https://youtu.be/kF-HN2pmfVk	Assume a plank position with your hands directly beneath your shoulders. Elevate yourself onto your fingertips, keeping your fingers spread wide for stability. Lower your body towards the ground by bending your elbows. Push back up to the starting position, keeping your core engaged and body in a straight line.
Flat Bench Leg Pull In	https://youtu.be/CdOPa1pMcOE	Lie on your back on a flat bench. Hold the sides of the bench for stability. Lift your legs toward your chest. Engage your core for the pull-in motion. Lower your legs back down without touching the floor.
Flat Bench Lying Leg Raise	https://youtu.be/mtGRp0CudY	Lie flat on your back on a bench or mat. Place your hands under your glutes for support. Lift both legs toward the ceiling. Keep the movement controlled and engage your core. Lower your legs back down without letting them touch the ground.

Floor L Sit	https://youtu.be/jjGye5husWo	Sit on the floor with your legs extended in front of you. Place your hands on the floor beside your hips, fingers pointing forward. Press into the floor and lift your body off the ground, keeping your legs straight. Engage your core to bring your legs up until they are parallel to the floor. Lower yourself back down with control and repeat for desired repetitions or hold time.
Floor Press	https://youtu.be/gakAJIXeY1Y	Lie on your back with legs straight. Grip the barbell with hands shoulder-width apart. Press the barbell upward, extending arms. Ensure back and head remain on the floor. Lower the barbell with control, repeat.
Flutter Kicks	https://youtu.be/XHPFeG-5DhI	Lie on your back with legs extended. Lift your legs slightly off the ground. Alternately kick your legs up and down. Keep your lower back pressed to the floor. Engage your core throughout the flutter kicks.
Forearm Plank	https://youtu.be/ljmnY48d2Q	Start on your forearms with elbows directly below shoulders. Extend legs behind you, forming a straight line from head to heels. Engage core muscles and hold the plank position. Keep hips level and avoid sagging or lifting. Hold for the desired duration, focusing on proper form.
Forearm Plank Hip Dip	https://youtu.be/zKgdgd59xHc	Start in a forearm plank position. Rotate your hips to the right, dipping towards the floor. Return to the center and then dip to the left. Keep your core engaged and maintain a straight back. Repeat the hip dips in a controlled and rhythmic manner.
Forearm Plank Jack	https://youtu.be/vBUwTFZpUxk	Begin in a forearm plank position. Jump your feet apart and then back together. Maintain a straight line from head to heels. Engage your core for stability. Perform plank jacks with controlled and rhythmic movements.
Forward Leg Swing	https://youtu.be/mOU52EXbS0o	Stand tall with feet shoulder-width apart and arms relaxed by your sides. Shift your weight on one leg and gently swing the opposite leg forward in a controlled manner. Swing the leg forward and back, maintaining a straight knee but allowing the foot to flex naturally. Keep your upper body upright and engage your core for stability. Repeat the swinging motion for the desired number of repetitions on one leg, then switch and repeat on the other leg.
Frankenstein Squat	https://youtu.be/7hQKmpYrthyM	Stand with feet shoulder-width apart. Extend arms straight in front at shoulder height with weight resting on shoulders. Perform a squat while keeping arms raised. Keep chest up and back straight. Rise back up, maintaining arm position.
Frankenstein Walk	https://youtu.be/QoI4UvKES0E	Stand tall with feet together and arms extended straight out in front of you. Engage your core muscles to stabilize your torso. Take a step forward with your right leg while lifting your left leg straight out in front of you. Flex your foot and point your toes towards the ceiling as you swing your leg forward. Lower your left leg to the ground as you bring your right leg forward in the same manner. Repeat alternately, maintaining a deliberate, controlled gait.
Free Standing Hand Stand Push Up	https://youtu.be/xLKdhJ8oQIQ	Begin by kicking up into a handstand position against a wall, ensuring your hands are shoulder-width apart and arms fully extended. Once balanced, slowly lower yourself towards the ground by bending your elbows, keeping them close to your body. Lower yourself until your head lightly touches the ground or until your arms reach a 90-degree angle. Push back up explosively, driving through your palms to return to the handstand position.
Frog Crunch	https://youtu.be/APGaCLOUllc	Lie on your back with your knees bent and feet together, soles touching. Place your hands behind your head or keep them extended along your sides. Engage your core muscles and lift your shoulder blades off the ground. Simultaneously, bring your knees towards your elbows, crunching your abs. Hold the contraction for a moment, then lower your upper body and legs back down to the starting position.
Frog Pose	https://youtu.be/HtQ38YzGZA	Start on hands and knees. Bring knees wider than hip-width. Point toes outward, resting inner thighs on the mat. Lower hips toward the ground for a deep stretch. Hold the position.
Frog Sit Up	https://youtu.be/bIha_1bVVVI	Lie on your back with knees bent and feet together. Allow knees to fall out to the sides, resembling a frog position. Place hands behind your head or reach towards your feet. Engage your core and lift your upper body towards your knees. Lower back down with control.
Front Raise & Pull Over	https://youtu.be/LqW4AuUSuWQ	Hold a barbell with both hands on a bench, arms extended. Lift the weight straight up in front of you. Lower the weight behind your head in a controlled manner. Engage shoulders and lats throughout. Maintain a slight bend in the elbows for stability.
Front Squat	https://youtu.be/8M1Iz_Qs9sw	Start by holding a barbell across your upper chest with your fingertips, elbows high, and upper arms parallel to the floor. Stand with your feet shoulder-width apart. Keeping your chest up and core tight, lower your body by bending your knees and hips. Lower yourself until your thighs are at least parallel to the ground. Push through your heels to return to the starting position. Keep your back straight and maintain proper form throughout the exercise.
Front Squat Static Hold	https://youtu.be/jiavh91cjWg	Set up a squat rack with the barbell in front squat position. Grip the barbell with palms facing up, elbows pointing forward. Lift the barbell off the rack and step back into a stable stance. Lower into a squat until thighs are parallel to the ground. Hold this position with core engaged and back straight for desired duration.
Full Saddle	https://youtu.be/1slGTTxvDSw	Start in a kneeling position. Sit back, bringing hips between heels. Lower upper body backward, leaning on elbows. Extend arms behind and reach for feet.

Glute Bridge	https://youtu.be/gR-RLIol_CDw	Lie on your back with knees bent and feet flat. Press through your heels to lift your hips towards the ceiling. Squeeze your glutes at the top of the movement. Keep your shoulders on the ground. Lower your hips back down.
Glute Bridge Hamstring Walkout	https://youtu.be/h9yKMg-k044	Begin in a glute bridge position with hips lifted. Dig heels into the ground for stability. Walk your feet forward, extending your legs. Maintain a straight line from shoulders to heels. Walk your feet back towards your glutes and repeat.
Glute Foam Roll	https://youtu.be/03kIb-rmrlq	Sit on the foam roller with knees bent and feet flat on the ground. Cross one ankle over the opposite knee to target one glute at a time. Lean back slightly and place hands on the ground for support. Shift weight to one side and roll back and forth over the glute, applying pressure as needed.
Glute Kick Back	https://youtu.be/Ps14jmST2Nc	Start on all fours in a tabletop position. Lift your right leg straight back, engaging the glutes. Keep the knee bent at a 90-degree angle. Lower the leg down without touching the ground. Repeat on the other leg, alternating for each repetition.
Goblet Lateral Lunge	https://youtu.be/Pvfn4e8YVW84	Hold a kettlebell or dumbbell at chest height. Stand with feet hip-width apart. Take a step to the side with your right foot. Lower your body into a lateral lunge. Push off the right foot to return to the starting position. Repeat with right foot taking the side step.
Goblet Squat	https://youtu.be/xQrRzGYsiyo	Hold a dumbbell or kettlebell close to your chest with both hands, like you're holding a goblet. Stand with your feet shoulder-width apart. Keep your chest up, core engaged, and back straight. Lower your body by bending your knees and hips, pushing your hips back. Go as low as you can while keeping your heels on the ground and your chest up. Push through your heels to stand back up.
Good Morning	https://youtu.be/49rgzdBWWj4	Stand with your feet shoulder-width apart, holding a barbell across your upper back or shoulders. Keep your back straight and chest up. Hinge at your hips, pushing your hips back while maintaining a slight bend in your knees. Lower your upper body forward, keeping your back flat. Go as low as you can while maintaining good form and feeling a stretch in your hamstrings. Return to an upright position by squeezing your glutes and straightening your hips.
Gorilla Pull Up	https://youtu.be/Kqyoukt8lFs	Begin by gripping the pull-up bar with hands wider than shoulder-width apart, palms facing away from you. Hang from the bar with arms fully extended and feet off the ground. Pull your body upward explosively, bringing your chest towards the bar. At the top of the movement, bring your knees towards your elbows, mimicking a gorilla's movement. Lower yourself back down with control to complete one repetition.
Hack Squat	https://youtu.be/dvikkJT1qmg	Stand in front of a barbell, facing away. Grab the barbell behind your legs. Push through your heels to return to the starting position, fully extending your legs. Lower your bar back down to its original starting position.
Half Kneeling DB Shoulder Press	https://youtu.be/pugHF8joOXE	Kneel with one knee on the ground. Hold a dumbbell in the hand opposite the kneeling leg. Press the dumbbell overhead, arm fully extended. Engage core for stability. Lower the dumbbell with control, repeat on both sides.
Half Kneeling KB Press	https://youtu.be/ZzxcCsWihJE	Kneel with one knee on the ground. Hold a kettlebell in the hand opposite the kneeling leg. Press the kettlebell overhead, arm fully extended. Lower the kettlebell with control, repeat on both sides.
Half Saddle	https://youtu.be/Mk2A1Lw1xk	Sit on the floor with legs extended. Sit back, bringing one leg under hips. Lean back, supporting yourself on hands.
Hamstring Slide	https://youtu.be/6vRQT2UVyRk	Begin in a seated position with legs extended. Slide heels towards hips, bending knees. Keep hips and lower back on the ground. Extend legs back out, engaging hamstrings.
Hand Release Push Up	https://youtu.be/g8WV14i838	Start in a plank position with hands shoulder-width apart. Lower your chest to the ground, then release hands briefly. Lift hands off the ground before pushing back up. Engage core and maintain a straight body line. Focus on controlled movements for chest activation.
Hand Stand Pirouette	https://youtu.be/gBu11bKifVk	Start in a handstand position. Engage your core and maintain balance. Rotate your body in a circle, using your shoulders and hips.
Hand Stand Walk	https://youtu.be/e6Z8L-lyzYc	Begin in a handstand position. Engage your core and maintain balance. Walk forward with small, controlled steps.
Hand Stand Walk to Wall	https://youtu.be/iH923uea6L4	Begin in a handstand position facing away from the wall. Walk your hands forward while maintaining balance. Aim to get your feet resting on the wall. Control your movements and keep your core engaged. Slowly walk back down to the starting position with control.
Hand Stand Walk with Step Obstacle	https://youtu.be/4f3_xaTrGQ	Start in a handstand position. Walk forward, lifting one hand at a time over the obstacle. Maintain balance and control as you step over. Continue walking, alternating hands over the obstacle.
Hands On Swiss Ball Plank	https://youtu.be/GdRHwt71Knk	Begin in a plank position with forearms on a Swiss ball and toes on the ground. Engage your core muscles to stabilize your body. Maintain a straight line from head to heels, avoiding sagging or arching. Hold the position for the desired duration, keeping the ball stable.

Hands On Swiss Ball Push Up	https://youtu.be/X5HSyJz08H0	Assume a push-up position with your hands on a Swiss ball and feet on the ground. Engage your core muscles to stabilize your body. Lower your chest towards the ball by bending your elbows, keeping them close to your sides. Push through your palms to extend your arms and return to the starting position.
Hang Clean	https://youtu.be/m3VAxTGz1Tw	Stand with your feet hip-width apart and the barbell in front of you. Bend at your hips and knees to lower your torso, keeping your back flat and chest up. Grip the barbell with an overhand grip, hands shoulder-width apart. Keep your arms fully extended, and your back straight as you lift the barbell off the ground. Explosively extend your hips and knees, pulling the barbell up. As the barbell rises, quickly drop under it, catching it at shoulder height with your elbows pointing forward. Stand up with the barbell in the front rack position (barbell resting on your shoulders and fingertips). Lower the barbell back to the starting position with control.
Hang Clean Pull	https://youtu.be/MjRjA7Krk8	Begin with a barbell in front, feet hip-width apart. Hinge at the hips, keeping a slight bend in the knees. Grip the barbell with hands slightly wider than shoulder-width. Pull the barbell upward, extending hips and knees. Keep the bar close to your body and shrug at the top.
Hanging L Sit	https://youtu.be/bM_dzs08NTE	Hang from a pull-up bar with straight arms. Engage core and lift legs until they are parallel to the ground. Keep shoulders down and back, chest lifted. Hold position for desired duration, maintaining form. Lower legs back down with control.
Hanging Leg Raise	https://youtu.be/5smugF3geFc	Hang from a pull-up bar with a grip slightly wider than shoulder-width. Keep legs straight and lift them towards the ceiling. Control the descent, avoiding swinging. Engage core muscles throughout the movement. Repeat, focusing on using abdominal strength.
Hanging Oblique Knee Raise	https://youtu.be/Ud0teBB1kQ	Hang from a pull-up bar with a grip slightly wider than shoulder-width. Bring knees up towards one side, targeting obliques. Control the movement and avoid swinging. Alternate sides.
Happy Baby	https://youtu.be/QT2pOIMkq4s	Lie on your back with knees drawn towards chest. Hold the outer edges of your feet with hands. Open knees wider than torso, bringing them towards armpits. Keep lower back on the mat for a gentle stretch.
Hat Twist	https://youtu.be/xMoNE_c0AsU	Stand up holding a weight close to your chest. Engage your core and lean back slightly. Rotate your torso to one side, lowering the weight beside your hip. Return to the center, then twist to the other side.
Head Stand	https://youtu.be/Hg_k4PX2oxc	Start in a kneeling position with your hands interlocked, forming a stable base for your head. Place the crown of your head on the ground, creating a tripod with your hands. Lift your legs off the ground, keeping them straight and stacked over your hips. Engage your core to maintain balance and support your body weight.
Heaving Snatch Bounce	https://youtu.be/pQDL4Fg0Vg0	Start with a barbell on your back. Bend at the hips and knees, lowering into a partial squat. Explosively drive hips forward, extending knees and ankles. Use the momentum to lift the barbell overhead while landing in a squat.
Heel Elevated Back Squat	https://youtu.be/rBINByhbLo	Set up a stable elevated surface under your heels. Stand with feet shoulder-width apart, toes on the elevated surface, and a barbell across your upper back. Engage your core and descend into a squat, pushing hips back and bending knees. Lower until thighs are parallel to ground, keeping heels elevated. Drive through heels to return to starting position, fully extending hips and knees.
Heels Elevated Hip Thrust	https://youtu.be/EcFlgXGj-TQ	Lie on your back with both feet elevated on a bench or step. Drive through your heels to lift your hips toward the ceiling. Squeeze your glutes at the top of the movement. Lower your hips back down.
Hex Bar Bent Over Row	https://youtu.be/E-sV8vESqbw	Stand in the center of a hex bar with feet hip-width apart. Hinge at the hips, keeping a flat back. Grasp the hex bar handles with a neutral grip. Pull the bar toward your hips, squeezing shoulder blades. Lower the bar with control, maintaining good form.
High Hang Snatch	https://youtu.be/o18px6vhtzY	Start in an upright standing position with a barbell. Hold the barbell with a wide grip, hands slightly wider than shoulder-width. Keep the bar close to your body, lift it explosively. Pull yourself under the bar, dropping into a deep squat. Catch the bar overhead in a full snatch position. Stand up to complete the high hang snatch.
High Knee	https://youtu.be/3oGGhX(CoEA	Stand tall with feet hip-width apart. Lift your knees toward your chest alternatively. Use a rapid, rhythmic motion. Maintain a brisk pace throughout.
High Knee Jump Rope	https://youtu.be/eWPhRQ9G1II	Hold the jump rope handles at waist height. Begin jumping, bringing your knees up towards your chest. Use a quick and controlled motion. Land softly on the balls of your feet.
High Plank Jack	https://youtu.be/Z5igZIU9ST0	Begin in a high plank position. Jump both feet outward and then back together. Maintain a straight line from head to heels. Engage your core for stability. Perform plank jacks with a controlled and rhythmic motion.
High Plank Shoulder Tap	https://youtu.be/5pdWy6pY2uo	Start in a high plank position. Lift your right hand off the ground and tap your left shoulder. Return the right hand to the ground and tap your right shoulder with the left hand. Alternate tapping each hand to the opposite shoulder. Engage your core for stability and maintain a straight body line.

High Plank Toe Tap	https://youtu.be/1A8v3n8ebmY	Start in a high plank position. Lift your right foot off the ground and tap to the side. Return the right foot to the ground. Alternate tapping each foot to the side. Engage your core for stability and maintain a straight body line.
High Plank Walk	https://youtu.be/gH3Z7HiiIQ	Begin in a high plank position. Take small steps to one side with your hands. Follow with your feet, keeping a straight body line. Continue walking sideways for the desired distance. Engage core muscles for stability throughout the movement.
High Pulley Cable Single Arm Side Bend	https://youtu.be/_lqUP3_F04U	Set cable to a high pulley position. Lie on your knees. Grab the handle with one hand. Pull down while bending sideways at the waist, toward the cable. Feel the side contract, then return to the upright position.
Hip Circle	https://youtu.be/fcvCWUJkm2o	Stand with feet shoulder-width apart. Place your hands on your hips. Lift one knee up and rotate leg in a circular motion. Keep the movement smooth and controlled.
Hip Crossover	https://youtu.be/lo2KZNIQ-Yc	Lie on your back with arms extended to the sides. Lift your knees towards the ceiling. Lower both legs to one side while keeping your upper body on the ground. Return to the center and lower to the other side. Engage your core and maintain controlled movements.
Hip Flexion with Band	https://youtu.be/9xHTV-2ESw8	Secure a resistance band to a low anchor point. Loop the band around one ankle. Stand facing away from the anchor, lifting the banded leg forward. Keep the leg at a 90 degree angle, engaging hip flexors. Control the return and switch legs.
Hip Flexor Knee Drive	https://youtu.be/3xsNSvs0kpA	Lie on your back with legs extended and a resistance band looped around both feet. Keep your arms by your sides or extended overhead for stability. Bring one knee to your chest feeling the resistance of the band.
Hip Flexor Stretch	https://youtu.be/PqMyC2p4Vk	Kneel on one knee with the other foot planted flat in front of you. Keep your torso upright and engage your core. Lean forward slightly, shifting your weight onto the front leg, until you feel a stretch in the hip flexor of the kneeling leg.
Hip Thrust Band Around Knees	https://youtu.be/1AkAz_Cn2eg	Sit on the ground with a resistance band looped around your thighs, just above your knees. Lean against a stable surface with your upper back supported and knees bent, feet flat on the ground. Engage your core and glutes, then push through your heels to lift your hips towards the ceiling. Squeeze your glutes at the top of the movement while pushing your knees outward against the resistance band. Lower your hips back down with control and repeat for the desired number of repetitions.
Hollow Body Crunches	https://youtu.be/pIKYb5S3JM	Lie on your back with arms extended overhead and legs straight. Engage your core and press your lower back into the floor. Lift your shoulder blades and legs off the ground simultaneously, creating a "hollow" shape with your body. Crunch forward, bringing your elbows towards your knees while keeping your lower back on the ground. Slowly lower back down with control, maintaining tension in your core throughout.
Hollow Hold	https://youtu.be/e71blyBa5g	Lie on your back with arms extended overhead and legs straight. Engage your core and press your lower back into the floor. Lift your shoulder blades and legs off the ground simultaneously, creating a "hollow" shape with your body. Hold this position, keeping your core tight and lower back pressed into the ground.
Hollow Rock	https://youtu.be/LTPp1K2-3fU	Begin in a hollow hold position: lying on your back, arms extended overhead, and legs straight, with your lower back pressed into the floor. Engage your core and rock back and forth, balancing on your tailbone and shoulder blades. Keep your arms and legs off the ground throughout the movement. Aim for a smooth and controlled rocking motion, maintaining the hollow shape. Continue rocking for repetitions or a set duration, focusing on core stability and control.
Ice Skater	https://youtu.be/hOrNGqOdw9Q	Stand with feet hip-width apart. Leap to one side, landing on the opposite foot. Bring the trailing leg behind at a diagonal angle. Swing the arms in a skating motion. Repeat on the other side, maintaining balance.
In & Out Box Jump	https://youtu.be/IsUx-rgD9yA	Straddle a flat bench with legs on either side. Jump onto the bench with both feet together. Quickly jump back down, landing outside the box. Alternate between jumping in and out.
Inch Worm	https://youtu.be/qr9SypzY18	Start in a standing position. Hinge at the hips and reach down to touch the floor. Walk your hands forward, keeping legs straight. Reach a high plank position with a straight body. Walk your hands back towards your feet and stand up.
Incline Barbell Tricep Extension	https://youtu.be/2dUdF_NXTSk	Set up on an incline bench with a barbell. Grip the bar with hands slightly narrower than shoulder-width. Lower the bar towards the forehead, bending elbows. Extend elbows, returning to the starting position. Keep upper arms stationary and engage triceps.
Incline Bench Press	https://youtu.be/xalV_vHB2EU	Set up on an incline bench with a barbell. Grip the bar slightly wider than shoulder-width. Lower the bar to the upper chest with control. Press the bar back up, fully extending the arms.
Incline Close Grip Push Up	https://youtu.be/GNkLedKaZqM	Place hands on an elevated surface (bench or step). Bring hands close together, forming a diamond shape. Lower chest towards the hands, bending elbows. Push back up, fully extending arms. Engage triceps and chest throughout the movement.
Incline DB Curl	https://youtu.be/YskKyCuDyrKI	Sit on an incline bench with a dumbbell in each hand. Allow arms to fully extend, palms facing forward. Curl the dumbbells toward your shoulders. Squeeze your biceps at the top of the movement. Lower the dumbbells with control.

Incline DB Fly	https://youtu.be/PSsUsShqZs	Lie on an incline bench with a dumbbell in each hand. Extend arms straight up, palms facing each other. Lower arms outward in a controlled motion. Feel the stretch in the chest at the bottom. Squeeze chest muscles as you bring arms back up.
Incline DB Press	https://youtu.be/ky9eCfyuLRY	Lie on an incline bench with a dumbbell in each hand. Start with arms extended upward. Lower dumbbells to chest level. Press weights back up, engaging chest muscles. Maintain a controlled and steady motion.
Incline DB Press with Palms Facing In	https://youtu.be/-DqWCcklpc	Lie on an incline bench with dumbbells, palms facing in. Start with arms extended upward. Lower dumbbells to chest level with control. Press back up, engaging chest muscles. Keep a stable and controlled motion throughout.
Incline Hammer Curl	https://youtu.be/ETIcztIqBZI	Sit on an incline bench with a dumbbell in each hand. Palms should face your torso (hammer grip). Keep your elbows close to your torso. Curl the dumbbells towards your shoulders. Squeeze your biceps at the top, then lower with control.
Incline Lateral Raise	https://youtu.be/OvH73R0sHWfE	Set up on an incline bench, laying on one side. Hold dumbbell with arm hanging straight down. Lift leading arm to the sides, parallel to the floor. Squeeze shoulder muscles at the top. Lower with control, maintain form.
Incline Mountain Climber	https://youtu.be/4NLcuYb0hvs	Assume a high plank position with hands on an elevated surface. Keep your body in a straight line from head to heels. Bring one knee toward your chest, then switch legs. Move in a running motion, alternating your knees. Engage your core and maintain a brisk yet controlled pace.
Incline Push Up	https://youtu.be/JK0Zn6kNs04	Position hands on an elevated surface at an incline. Maintain a straight body from head to heels. Lower chest toward the surface with control. Push back up, engaging chest and triceps. Focus on a smooth and controlled movement.
Inverted Row	https://youtu.be/bpEndSF0L7Q	Set up a bar at hip height. Lie under the bar, grasp it with an overhand grip. Keep body straight, pull chest up to the bar. Squeeze shoulder blades together. Lower body down with control.
Ipsilateral Dead Bug	https://youtu.be/zLoSunLqYb0	Lie on your back with arms extended toward the ceiling and knees bent at a 90-degree angle. Lower one arm and the same-sided leg toward the ground, maintaining a neutral spine. Keep the other arm and leg still, preventing them from moving. Return to the starting position, then repeat on the opposite side.
Isometric Push Up	https://youtu.be/zFE7nP8d-h8	Get into a traditional push-up position. Lower halfway and hold, keeping a straight line. Engage chest, triceps, and core muscles. Maintain the static position for a set duration.
Isometric Wiper	https://youtu.be/gQu_gVlIeI4	Begin in a plank position. Lower halfway into a push-up and hold. Rotate hips to one side, engaging obliques. Return to center, then rotate to the other side. Maintain a strong, isometric push-up position.
IT Foam Roll	https://youtu.be/4OpPxVvIX6g	Position the foam roller under the targeted muscle group. Apply gentle pressure by placing your body weight onto the roller. Roll slowly back and forth, covering the entire muscle area. Focus on any tight or tender spots, pausing for a few seconds on these areas.
Janda Sit Up	https://youtu.be/UAKBqwyV140	Anchor your feet under a sturdy object. Perform a sit-up with a slight knee bend. Focus on engaging the hip flexors. Lower back down with controlled movement. Keep core tight throughout the exercise.
Jefferson Deadlift	https://youtu.be/yZR8YUuPaok	Stand over a barbell with feet straddling it. One hand in front, one hand behind the body. Hinge at hips and knees, grip the bar with both hands. Lift the barbell, extending hips and knees. Keep back straight and engage core throughout.
Jerk Balance	https://youtu.be/CPpd8ODJ8A4	Start with a barbell on the front of your shoulders. Stagger feet. Dip at the hips and knees, then explosively drive barbell overhead. Recover by bringing bar back to shoulders.
Jerk Dip	https://youtu.be/YSvct6r-ajY	Begin with feet hip-width apart, barbell on front of shoulders. Dip at the hips and knees, keeping torso upright. Maintain weight on heels and chest lifted. Explosively drive the bar slightly above shoulders.
JM Press	https://youtu.be/gKpYXajg2w	Set up on a bench with a barbell. Grip the bar with hands closer than shoulder-width. Lower the bar to the chest with control. Extend the bar back up, not fully locking out. Focus on tricep engagement throughout.
Jog In Place	https://youtu.be/3kJhVoSqbFg	Stand with feet hip-width apart. Lift knees alternately towards your chest. Pump your arms in rhythm with your legs. Maintain a light and steady pace. Land softly on the balls of your feet to minimize impact.

Jump Rope	https://youtu.be/_R3Txc-9e4	Hold the handles of a jump rope in each hand. Jump over the rope, keeping it under your feet. Land softly on the balls of your feet.
Jumping Jack	https://youtu.be/FGXP6aPDsCw	Start by standing with your feet together and arms at your sides. Jump your feet out to the sides while simultaneously raising your arms overhead. Land softly on the balls of your feet. Quickly jump back to the starting position, bringing your feet together and lowering your arms.
KB Arnold Press	https://youtu.be/4Sj528odfYc	Start with kettlebells at shoulder height. Rotate palms away from your face, elbows bent. Press kettlebells overhead, extending arms. Lower with control, repeat the movement.
KB Clean & Push Press	https://youtu.be/UgD7SukHicY	Begin with a kettlebell between your feet. Hinge at the hips, grip the kettlebell, and lift explosively. Catch the kettlebell at shoulder height. Perform a push press, extending your arm overhead. Lower the kettlebell and repeat the clean and push press motion.
KB Curtsy Lunge	https://youtu.be/CREJqm_YY9E	Hold a kettlebell with both hands at chest level. Stand with feet hip-width apart. Step one foot behind and across the other. Lower into a lunge, keeping the chest lifted. Push back to the starting position and switch legs.
KB Deadlift	https://youtu.be/zSyyH2m2adI	Stand with feet hip-width apart, a kettlebell between your feet. Hinge at the hips, keeping a flat back, and grip the kettlebell. Keep the kettlebell close, stand up by extending hips and knees. Squeeze your glutes at the top of the movement. Lower the kettlebell with control, maintaining proper form.
KB Farmer's Walk	https://youtu.be/2uGpFARE2i0	Hold a kettlebell in each hand by your sides. Stand tall with a tight core and shoulders pulled back. Walk forward with short, controlled steps, keeping the kettlebells from swinging. Maintain an upright posture and avoid leaning to either side. Walk for a set distance or time, focusing on grip strength and stability.
KB Figure Eight	https://youtu.be/Q4FgHVX27Dg	Stand with feet shoulder-width apart, knees slightly bent. Hold kettlebell (KB) with both hands, arms extended in front of body. Swing KB between legs, passing it from one hand to the other.
KB Front Rack Carry	https://youtu.be/vNlvbH1Kxck	Hold a kettlebell in each hand at shoulder height, with elbows bent and palms facing inward. Stand tall with a tight core and shoulders pulled back. Keep the kettlebells close to your body and wrists straight. Walk forward with short, controlled steps, maintaining the front rack position.
KB Goblet Squat	https://youtu.be/ZUBIPgXp7aw	Hold a kettlebell close to your chest with both hands. Stand with feet shoulder-width apart. Lower into a squat, keeping the chest up. Keep the kettlebell close to the body. Drive through heels to return to the starting position.
KB Halo	https://youtu.be/HZqyRlFetkw	Stand with feet shoulder-width apart, knees slightly bent. Hold kettlebell (KB) with both hands at chest level. Rotate KB around head in a circular motion. Keep elbows close to body, engage core for stability.
KB Hang Clean	https://youtu.be/_5w3luYQQOU	Start with a kettlebell between your feet. Hinge at the hips, keeping a slight bend in the knees. Grip the kettlebell and lift it explosively. Catch the kettlebell at shoulder height. Keep the movement fluid, engaging your hips and core.
KB High Pull	https://youtu.be/N31bdulSZuM	Begin with a kettlebell at knee height. Lift the kettlebell straight up with both hands. Keep your elbows high and away from your body. Lower the kettlebell with control.
KB Jack Knife	https://youtu.be/7HUveCPz4pg	Lie on your back with a kettlebell in hand. Lift legs and upper body, meeting in the middle. Reach the kettlebell toward your toes. Engage core for a controlled movement. Lower back down, maintaining stability.
KB Lateral Lunge	https://youtu.be/gr4FYn1y1c	Hold a kettlebell with both hands in front of your chest. Stand with feet together. Take a step to the side with your right foot. Lower your body into a lateral lunge. Push off the right foot to return to the starting position.
KB Low Windmill	https://youtu.be/n1wUEamD9Oo	Hold a kettlebell in one hand above your head. Feet wider apart, toes pointing to the side. Lower the opposite hand toward the inside of the foot. Keep the kettlebell arm straight overhead. Rotate through the hips and maintain a stable stance.
KB Lunge with Rotation	https://youtu.be/fyKIUSOp0aw	Hold a kettlebell at chest level with both hands. Step backward into a lunge with one leg. Rotate torso toward the side of the front leg. Keep the core engaged for stability. Return to the starting position and switch legs.
KB Marching Farmer's Walk	https://youtu.be/WFLUZna9slk	Hold a kettlebell in each hand by your sides. Stand tall with a tight core and shoulders pulled back. Lift one knee towards your chest, keeping your torso stable. Step forward with the opposite foot, maintaining balance. Continue alternating legs as you walk forward with short, controlled steps.
KB Overhead Carry	https://youtu.be/883FdTQfTWM	Hold a kettlebell overhead in one hand with your arm fully extended. Keep your elbow locked and wrist straight. Stand tall with a tight core and shoulders stabilized. Walk forward with short, controlled steps, maintaining the kettlebell overhead.

KB Overhead Press	https://youtu.be/N4C_7BsCBhQ	Hold kettlebells at shoulder height. Press kettlebells overhead, fully extending arms. Keep core engaged for stability. Lower kettlebells with control.
KB Overhead Reverse Lunge	https://youtu.be/nY18KU8oQQ	Hold a kettlebell overhead with one arm fully extended. Stand with feet together. Take a step back with your right foot into a reverse lunge. Lower your body, keeping the kettlebell overhead. Push off the right foot to return to the starting position.
KB Pistol Squat	https://youtu.be/OGAabox_Bgk	Begin by holding kettlebell (KB) with both hands at chest level. Extend one leg forward and slowly lower into a squat, keeping KB steady. Keep back straight, chest up, and core engaged throughout. Push through heel to return to standing position.
KB Pistol Squat - Box Assisted	https://youtu.be/gcoHYpCj19Y	Place a box or bench behind you. Hold a kettlebell with both hands at chest level. Lift one leg, extending it forward. Lower into a squat with the supported leg.
KB Plank Row	https://youtu.be/dyviI8KblYk	Start in a plank position with a kettlebell in one hand. Row the kettlebell to your hip, keeping body steady. Elbow moves close to the ribcage during the row. Engage core and stabilize your body. Repeat same arm for desired number of reps.
KB Press	https://youtu.be/JiEvr721AV4	Hold a kettlebell in your hand at shoulder height. Stand with feet shoulder-width apart. Press the kettlebell overhead, fully extending your arms. Lower the kettlebell back to shoulder height with control. Engage your core and maintain proper form throughout.
KB Push Press	https://youtu.be/DD3WCxiHo_k	Start with kettlebells at shoulder height. Perform a slight dip at the knees. Explosively drive up, pressing kettlebells overhead. Engage core and legs for power. Lower kettlebells with control, repeat.
KB Push Up to Renegade Row	https://youtu.be/zg6OcdXiMHg	Start in push-up position with hands gripping kettlebells (KB) on the floor. Perform a push-up, maintaining proper form. After completing the push-up, row one KB up towards hip, keeping elbow close to body. Lower KB back to floor, then repeat row on opposite side.
KB Renegade Row	https://youtu.be/dw51ccwdfh8	Begin in a plank position with hands gripping kettlebells (KB) on the floor. Keep core tight and body in a straight line from head to heels. Row one KB up towards hip, keeping elbow close to body. Lower KB back to the floor and repeat with the other arm.
KB Russian Twist	https://youtu.be/YHO4MWZV19k	Sit on the floor, holding a kettlebell with both hands. Lean back slightly, lifting feet off the ground. Rotate the kettlebell side to side, touching the floor. Keep a controlled and rhythmic motion.
KB Seated Press	https://youtu.be/UZIVluwCeBY	Sit on a bench with kettlebells at shoulder height. Press kettlebells overhead, arms fully extended. Maintain a stable, upright posture. Lower kettlebells with control, repeat.
KB Seesaw Press	https://youtu.be/qW7ngqvcTX8	Hold a kettlebell in each hand at shoulder height. Press one kettlebell overhead while keeping the other at shoulder height. Alternate sides in a seesaw motion. Engage core for stability.
KB Shoulder Shrug	https://youtu.be/#DilKAFEu08	Hold a kettlebell in each hand by your sides. Elevate your shoulders toward your ears. Squeeze the shoulder muscles at the top. Lower shoulders down with control.
KB Side Lunge Press	https://youtu.be/jH4Q535QgA	Hold a kettlebell in one hand at shoulder height. Stand with feet hip-width apart. Take a step to the side with your right foot. Lower into a side lunge while pressing the kettlebell forward. Push off the right foot to return to the starting position.
KB Single Leg Deadlift	https://youtu.be/7u1g4JeNBtl	Hold a kettlebell in one hand, palm facing your body. Stand on your left leg with a slight bend in the knee. Hinge at the hips, lowering the kettlebell towards the ground. Keep your back straight and extend your free leg behind for balance. Return to the upright position and repeat on the other leg.
KB Snatch	https://youtu.be/W6q6-tWsmDs	Start with a kettlebell on the ground between your feet. Stand with your feet shoulder-width apart. Hinge at your hips and bend your knees slightly to grab the kettlebell with one hand, palm facing your body. Swing the kettlebell back between your legs. Explosively stand up, using your hips and legs, to swing the kettlebell forward and up. As the kettlebell rises, pull it up with your arm, keeping it close to your body. At the top of the movement, lock out your arm overhead, fully extending your elbow. The kettlebell should be balanced over your wrist and your arm should be close to your ear. Lower the kettlebell back down with control, swinging it between your legs.
KB Squat High Pull	https://youtu.be/A_3PONGTIno	Hold a kettlebell with both hands between your legs. Stand with feet shoulder-width apart. Lower into a squat, keeping your back straight. Explosively stand up, pulling the kettlebell towards your chest. Elbows should lift higher than shoulder level. Lower the kettlebell and repeat, engaging your hips and upper back.
KB Sumo High Pull	https://youtu.be/ALqQj-H4sHM	Stand with feet wide in a sumo stance. Hold kettlebell with both hands between legs. Explosively pull kettlebell to shoulder height. Elbows should be higher than the hands. Lower kettlebell with control, repeat.

KB Sumo Squat	https://youtu.be/D6cUyT9E8J0	Hold a kettlebell with both hands in front of you. Stand with feet wider than shoulder-width, toes pointed out. Lower into a squat, keeping chest up. Keep the kettlebell between your legs. Drive through heels to return to the starting position.
KB Swing Change Hands	https://youtu.be/LBK9bSrp_Cc	Start with a kettlebell between your legs. Hinge at the hips, gripping the kettlebell with both hands. Swing the kettlebell up to shoulder height. Release one hand, allowing the kettlebell to briefly float. Catch the kettlebell with the opposite hand and continue swinging.
KB Swing Squat	https://youtu.be/Lc5qQepUR4s	Start with feet slightly wider than shoulder-width apart, holding kettlebell (KB) with both hands between legs. Perform a traditional KB swing by driving hips forward, swinging KB to chest level. At the top of the swing, immediately descend into a squat, keeping KB close to body. Drive through heels to return to standing position and repeat the swing-squat motion.
KB Thruster	https://youtu.be/8EAILcKdDlq	Hold a kettlebell in each hand at shoulder height. Stand with feet shoulder-width apart. Lower into a squat position. Explosively stand up while pressing the kettlebells overhead. Fully extend your arms and engage your core, then lower the kettlebells and repeat.
KB Walter Press	https://youtu.be/WKmwENZOlq	Start with the bottom of a kettlebell in one palm at shoulder height. Elbow bent, palm facing away from you. Press kettlebell overhead, extending the arm. Keep the core engaged for stability. Lower kettlebell with control, repeat on both sides.
KB Windmill	https://youtu.be/1O0-4toiBI	Begin by holding kettlebell (KB) overhead in one hand, arm fully extended. Feet should be wider than shoulder-width apart, toes angled slightly outward. Keep eyes on KB as you hinge at the hips, lowering opposite hand towards the ground. Maintain a straight arm with KB overhead and keep back straight throughout the movement. Return to starting position by engaging core and reversing the hinge, then repeat on the other side.
Kipping Handstand Push Up	https://youtu.be/9SGubYUj0X0	Begin in a handstand position against a wall. Initiate a rhythmic kipping motion with hips. Bend arms and descend head toward the ground. Use hip thrust to propel back up.
Kipping Muscle Up	https://youtu.be/ZkqgOH7w2U	Start hanging from a bar with a kipping motion. Swing hips forward, then back, generating momentum. Pull chest to the bar, using the momentum. Transition hips over the bar at the top. Practice controlled movement for efficiency.
Kipping Pull Up	https://youtu.be/x9Azp0XLOOU	Hang from a pull-up bar with an overhand grip, arms fully extended. Initiate a swinging motion by using hips and legs, generating momentum. As momentum carries you forward, pull yourself up by bending arms and bringing chest toward the bar. Use the momentum to assist in the upward movement. Control the descent, maintaining tension in the core, and repeat the swinging motion to perform consecutive reps.
Kipping Toe to Bar	https://youtu.be/vfVFGjPhw8	Hang from a pull-up bar with a wider grip. Initiate a swinging motion with hips. Use the momentum to bring toes up to touch the bar. Engage core to control the descent.
Knee Raise	https://youtu.be/0Zz1af_YjxQ	Hang from a pull-up bar or use a dip station with your arms extended. Lift your knees towards your chest by bending them while keeping your core engaged. Exhale as you lift your knees. Lower your knees back to the starting position.
Knee Skip	https://youtu.be/Q5Vda1RZrtw	Stand with feet hip-width apart. Lift one knee towards your chest while hopping on the opposite foot. Alternate knees and hop rhythmically. Swing your arms in coordination with your legs.
Knee Tuck Jump	https://youtu.be/aB68A3ZnTdI	Start in a standing position with feet shoulder-width apart. Lower into a squat position, keeping your back straight. Explosively jump upward, bringing your knees towards your chest. Extend your legs back down as you land softly. Land with bent knees and immediately transition into the next repetition.
Kneeling Bench Shoulder Stretch	https://youtu.be/JHWL5px5-LI	Kneel on the ground with a bench in front of you. Place hands on the bench, shoulder-width apart. Lower your chest towards the ground, reaching forward. Feel a stretch in the shoulders and upper back.
Kneeling Forearm Stretch	https://youtu.be/BTWj9pw6B5A	Kneel on the ground with palms facing away on the floor. Place the tops of your hands on the ground. Gently press down, feeling a stretch in the forearms.
Kneeling Landmine Press	https://youtu.be/3kW1M1_JaVc	Place one end of a barbell in a landmine attachment. Kneel in front of the barbell, holding it with one hand. Press the barbell overhead while standing up. Maintain control and focus on your shoulder muscles.
Kneeling Single Arm High Pulley Row	https://youtu.be/Tdf98M59Bbs	Kneel with one knee on the pad and opposite foot flat on the ground. Grab the high pulley handle with one hand, arm fully extended. Pull the handle towards your hip, keeping elbow close to the body. Squeeze shoulder blades together at the end of the movement. Control the return to the starting position for muscle engagement.
Knuckle Push Up	https://youtu.be/o-XjzZs6wIE	Start in a plank position with your hands in fists, knuckles down. Keep your wrists aligned with your forearms. Lower your body towards the ground, maintaining a straight line from head to heels. Push back up to the starting position, keeping your core engaged.
L Sit Chin Up	https://youtu.be/8DrLQTNf1YY	Begin with a chin-up grip on a bar. Lift legs in an L position, parallel to the ground. Pull chin over the bar using upper body strength. Engage core for stability throughout the movement. Lower back down with control, maintaining the L-sit.

L Sit on DB	https://youtu.be/Va3q5V3XwVM	Sit on the ground with a dumbbell placed on each side. Grip the dumbbells firmly, palms facing inward. Lift your legs off the ground, keeping them straight. Keep your torso upright and shoulders pulled back. Hold the "L" position, balancing on the dumbbells, engaging your core for stability.
Landmine Lateral Raise	https://youtu.be/la9u_VmCyS4	Secure a landmine attachment in a corner. Stand perpendicular to the bar with feet shoulder-width apart. Grasp the end of the bar with one hand, arm fully extended. Lift the bar laterally, keeping the arm straight. Control the descent and repeat for shoulder isolation.
Landmine Twist	https://youtu.be/GNPwcOl9voA	Position the landmine bar in a landmine attachment. Stand with feet shoulder-width apart, holding the bar with both hands. Keep the arms straight and rotate the torso, pivoting on the hips. Twist to one side, then return to the starting position.
Lat Foam Roll	https://youtu.be/6fDnPJWj2mc	Position the foam roller under your armpit, targeting the latissimus dorsi muscle. Lie on your side with your arm extended overhead and your body perpendicular to the roller. Apply gentle pressure by leaning into the foam roller. Roll slowly up and down the side of your torso, from armpit to mid-rib cage.
Lateral Box Jump	https://youtu.be/2EgGOLIO71A	Stand beside a sturdy box or platform. Jump laterally onto the box with both feet. Land softly, bending your knees to absorb the impact. Step down from the box to the other side.
Lateral Burpee Over Barbell	https://youtu.be/9HDNu5a4XQ	Start beside a barbell placed on the ground. Perform a burpee, then jump laterally over the bar. Land softly and immediately into the next burpee. Repeat the lateral jump, alternating sides.
Lateral Lunge	https://youtu.be/Y6toL-AtdNo	Stand with your feet together and your hands on your hips or in front of your chest. Take a step to the side with your right foot, bending your right knee and pushing your hips back. Keep your left leg straight and your left foot flat on the ground. Push off with your right foot to return to the starting position. Repeat on the left side, taking a step to the left.
Lateral Raise with Band	https://youtu.be/_kZRBTFWfj8	Stand on the center of a resistance band. Hold one end in each hand by your sides. Lift arms laterally to shoulder height. Squeeze shoulder muscles at the top. Control the descent, repeat the movement.
Lateral Shuffle	https://youtu.be/m-THfWwBKXA	Start in an athletic stance with feet shoulder-width apart. Shuffle laterally to one side by taking small, quick steps. Keep your hips low and chest up throughout the movement. Maintain a slight bend in the knees and stay on the balls of your feet.
Lateral Toe Tap	https://youtu.be/ISbruySQGWc	Stand up with feet hip-width apart and your body centered. Extend one leg laterally, tap the floor, and then return to starting position.
Lateral Toe Tap on Elevated Surface	https://youtu.be/Ka3qQSq1bww	Stand on an elevated surface, such as a step or platform, with both feet. Keep your feet hip-width apart and your body centered. Extend one leg laterally, tap the box, and then return to starting position.
Leg Lift	https://youtu.be/T4n1WtGkLdo	Stand up holding on to an anchor point. Lift legs upward/outward without bending knees. Control the descent for core engagement. Avoid swinging; focus on controlled movements.
Leg Pull In	https://youtu.be/KJPev-pgOg	Lie on your back with arms at your sides. Lift legs off the ground toward the ceiling. Pull knees toward chest using abdominal muscles. Lower legs back down with controlled movement. Keep the lower back pressed against the floor.
Leg Raise	https://youtu.be/Q2DEvsU3Cc	Lie on your back with legs straight. Lift legs upward without bending knees. Maintain a controlled, slow movement. Lower legs down without touching the floor. Engage core throughout for stability.
Long Arm Crunch	https://youtu.be/lZAuhkyWzc4	Lie on your back with your legs bent and feet flat on the floor. Extend your arms straight above your head, keeping them in line with your ears. Engage your core and lift your shoulder blades off the ground. Reach your fingertips towards your toes, keeping your arms straight. Lower back down with control, maintaining tension in your core throughout.
Low Hang Clean	https://youtu.be/WBa_9BoWR3Y	Start with a barbell in front, hanging just below the knees. Grip the barbell with hands slightly wider than shoulder-width. Lift the barbell, pulling it to hip height. Lower the bar to knee height and explosively lift bar into a front squat. Complete a front squat to finish.
Low Hang Snatch	https://youtu.be/Map2IR0f0x8	Begin with a barbell in front, hanging just below the knees. Grip the barbell with hands slightly wider than shoulder-width. Explosively lift the barbell, pulling it to hip height. Lower the bar to knee height and then explosively lift bar over-head. Drop into a squat with bar above your head, then stand up to complete the low hang snatch.
Lu Raise	https://youtu.be/CkOuDRZswZA	Hold a weight plate in each hand by your sides. Form a "Lu" shape with arms, elbows slightly bent. Lift arms laterally, creating a horizontal line. Squeeze shoulder blades together at the top. Lower dumbbells with control, repeat.
Lunge Jumps	https://youtu.be/_wGXHlif7GY	Begin in a lunge position with your right foot forward. Lower your body into a lunge, keeping both knees at 90-degree angles. Explosively jump upward, switching your feet in mid-air. Land with your left foot forward, lowering into a lunge on the opposite side. Continue alternating lunge jumps in a dynamic and controlled manner.

Lunge with Twist Stretch	https://youtu.be/ddvqJllnwFA	Start in a standing position. Step forward into a lunge with your right leg. Twist your torso to the right, engaging your core. Hold the twist for a moment, then return to the starting position. Repeat on the other side, alternating legs and twists.
Lying Close Grip Barbell Tricep Extension Behind the Head	https://youtu.be/1DKJX9npN0	Lie on your back with a barbell in your hands, arms extended. Grip the barbell with hands close together, elbows pointing upward. Lower the barbell behind your head by bending your elbows. Extend your arms back up, keeping elbows in a fixed position.
Lying DB Curl	https://youtu.be/1ZNCrYZVYsk	Lie on your back on a bench with a dumbbell in each hand. Allow your arms to fully extend toward the floor. Curl the dumbbells towards your shoulders. Squeeze your biceps at the top of the movement. Lower the dumbbells back down with control, maintaining tension.
Lying Figure Four Stretch	https://youtu.be/1LniuSgGVqw	Lie on your back with knees bent. Cross your right ankle over your left knee, forming a figure-four shape. Gently pull your left knee toward your chest. Hold the stretch, feeling the hip and glute stretch. Switch legs and repeat the stretch on the other side.
Lying Hamstring Stretch with Band	https://youtu.be/Cew5quhECZM	Lie on your back with one leg extended and the other raised, foot in a band. Straighten the raised leg, feeling the stretch in your hamstring. Hold the band with both hands and gently pull towards you. Keep the opposite leg on the ground for stability.
Lying Knee to Chest Stretch	https://youtu.be/FYXpphZV7h4	Lie on your back with your legs extended. Bring one knee towards your chest, grasping it with both hands. Keep your other leg extended on the ground. Pull your knee gently towards your chest until you feel a stretch in your lower back and glutes.
Lying Knees to Chest Stretch	https://youtu.be/3wnGJ8mPH_c	Lie on your back with legs extended. Bring both knees toward your chest. Hug your knees with your arms, keeping your lower back on the ground. Hold the stretch, feeling the tension in your lower back and hips.
Lying Rear Delt Raise	https://youtu.be/lveEYF6SgQ8	Lie facedown on a flat bench. Hold dumbbells, arms hanging straight down. Lift arms laterally, targeting rear delts. Squeeze shoulder blades at the top. Lower dumbbells with control, repeat.
Lying Tricep Extension	https://youtu.be/kDagbWNVy3g	Lie on your back holding a dumbbell with each hand, arm extended toward the ceiling. Keep your upper arm stationary, lower the dumbbell toward your forehead. Extend your arm back up, engaging the tricep. Switch arms and repeat the extension.
Manmaker	https://youtu.be/FDj23_erXB0	Start with dumbbells in hand, in a plank position. Row each dumbbell. Jump feet forward into a squat position. Explosively press up, extending arms overhead. Return to plank position and repeat the sequence.
Medicine Ball Alternating Lunge	https://youtu.be/6h683H1cDGY	Stand tall with feet hip-width apart, holding a medicine ball at chest height. Take a large step forward with one foot and lower your body into a lunge position. Push off the front foot and return to the starting position.
Medicine Ball Burpee	https://youtu.be/xL_qaQvI5Ec	Begin standing with feet shoulder-width apart, holding a medicine ball at chest height. Lower into a squat position, placing the medicine ball on the ground in front of you. Jump or step your feet back into a plank position, keeping your hands on the medicine ball. Perform a push-up, then jump or step your feet back towards the medicine ball. Explosively jump up, lifting the medicine ball overhead as you do so. Repeat the sequence for repetitions.
Medicine Ball Chest Pass	https://youtu.be/X0vtVTfDC0	Stand facing a wall with feet shoulder-width apart, holding a medicine ball at chest height. Engage your core and maintain a slight bend in your knees. Explosively push the medicine ball forward, extending your arms fully as you release it. Aim to hit the wall at chest height or slightly below. Catch the ball as it rebounds off the wall and repeat the movement for repetitions.
Medicine Ball Forearm Plank	https://youtu.be/Sbcboaim_Yo	Begin in a forearm plank position. Place both forearms on a medicine ball. Maintain a straight body from head to heels. Engage core and hold for the desired duration.
Medicine Ball High Plank Roll	https://youtu.be/zL9CKtdJqYE	Start in a high plank position with one hand on a medicine ball. Roll the ball toward the other hand. Slowly roll the ball back and forth between each hand. Maintain a straight body line throughout.
Medicine Ball Mountain Climber	https://youtu.be/q5OR_Y5FIA	Begin in a plank position with hands on a medicine ball. Alternately drive knees toward chest in a running motion. Keep a steady pace for cardio engagement. Maintain a stable plank position with core tight. Aim for a controlled and fluid movement.
Medicine Ball Plank	https://youtu.be/ZZS6cOpi0o4	Assume a plank position with hands on a medicine ball. Keep shoulders, hips, and ankles in a straight line. Engage core muscles for stability. Hold the plank position for the desired duration.
Medicine Ball Push Up	https://youtu.be/zSao3ltQ92s	Start in a high plank position with hands on a medicine ball. Lower your chest towards the ground, keeping your body in a straight line. Push back up to starting position.
Medicine Ball Rainbow Slam	https://youtu.be/qAY6QNxUhp4	Stand with feet shoulder-width apart, holding a medicine ball overhead with both hands. Engage your core and keep your arms straight. Swing the medicine ball diagonally across your body, slamming it down to one side of your body. As you slam the ball down, pivot your feet and twist your torso to follow the motion. Catch the ball as it rebounds, then swing it back up and across your body to the opposite side.
Medicine Ball Reverse Lunge	https://youtu.be/9gSSHYgS9es	Start standing with feet hip-width apart, holding a medicine ball at chest height. Take a step backward with one foot and lower your body into a lunge position. Keep your torso upright and lower until your front thigh is parallel to the ground. Push off the back foot and return to the starting position.

Medicine Ball Rotational Row	https://youtu.be/T1glKaueShk	Stand perpendicular to a sturdy wall with feet shoulder-width apart, holding a medicine ball with both hands at chest height. Rotate your torso to one side, loading the medicine ball over your hip. Explosively rotate your torso in the opposite direction, throwing the medicine ball against the wall. Catch the ball as it rebounds off the wall, rotating your torso back to the starting position.
Medicine Ball Russian Twist	https://youtu.be/gskw6Epvm-o	Sit on the ground with your knees bent and feet flat, holding a medicine ball. Lean back slightly, keeping your back straight. Twist your torso to one side and touch the medicine ball to the ground. Twist to the other side and touch the ball to the ground.
Medicine Ball Sit Up	https://youtu.be/CVhSeul0Q5c	Lie on your back with knees bent and feet flat on the ground, holding a medicine ball against your chest. Engage your core and keep your lower back pressed into the ground. Perform a sit-up, lifting your torso towards your knees while extending the medicine ball overhead. Control the movement as you lower back down to the starting position.
Medicine Ball Slam	https://youtu.be/ltvAc4dL_40	Stand with your feet shoulder-width apart, holding a medicine ball with both hands overhead. Engage your core and keep your chest up. Explosively slam the medicine ball down to the ground in front of you. Bend your knees slightly as you slam the ball.
Medicine Ball Squat	https://youtu.be/3S-KT6i9KZU	Begin standing with feet shoulder-width apart, holding a medicine ball at chest height. Engage your core and keep your chest up. Lower your body into a squat position, pushing your hips back and bending your knees. Keep your weight in your heels and thighs parallel to the ground. Push through your heels to return to the starting position, squeezing your glutes at the top. Repeat for desired repetitions.
Medicine Ball Squat to Press	https://youtu.be/D-V1kWWVLJ5M	Start standing with feet shoulder-width apart, holding a medicine ball at chest height. Lower into a squat position, keeping your chest up and weight in your heels. As you stand back up, press the medicine ball overhead, fully extending your arms. Lower the medicine ball back to chest height as you lower into the next squat.
Medicine Ball Toe Touch	https://youtu.be/xkt22898L-c	Lie on your back with legs extended and a medicine ball held in both hands, arms extended overhead. Engage your core and lift your legs off the ground, keeping them straight. Simultaneously lift your upper body off the ground, bringing the medicine ball towards your feet. Keep your lower back pressed into the floor and your abs engaged. Simultaneously lift your upper body off the ground, reaching the medicine ball towards your toes. Keep your lower back pressed into the floor and your abs engaged. Lower back down with control.
Medicine Ball V Up	https://youtu.be/pwBDeNXvCaM	Lie on your back with legs extended and a medicine ball held in both hands, arms extended overhead. Engage your core and lift your legs off the ground, keeping them straight. Simultaneously lift your upper body off the ground, bringing the medicine ball towards your feet. Keep your lower back pressed into the floor and your abs engaged. Lower back down with control, returning the medicine ball and your legs to the starting position.
Medicine Ball Walking Lunge	https://youtu.be/-0bx9YnY3g	Begin standing with feet hip-width apart, holding a medicine ball at chest height. Take a large step forward with one foot, lowering your body into a lunge position. Keep your front knee aligned with your ankle and your back knee close to the ground. Push off the front foot and bring your back foot forward to meet the front foot.
Medicine Ball Wood Chopper	https://youtu.be/gVdCkQwQkVo	Stand with feet shoulder-width apart, holding a medicine ball with both hands. Start with the ball at one side of your body, next to your hip. Engage your core and rotate your torso, bringing the ball diagonally across your body and above your opposite shoulder. Pivot on your back foot as you rotate to generate power.
Middle Back Shrug	https://youtu.be/UeUmQpeFzNc	Lie face down on an incline bench. Hold dumbbells or a barbell beneath the bench. Elevate shoulders, squeezing middle back. Lower weights with control for a stretch. Engage middle back muscles throughout.
Mini Band Lateral Walk	https://youtu.be/ngOqvJtlH5nY	Place a mini band around just above ankles. Stand with feet hip-width apart, knees slightly bent. Take lateral steps to the side, maintaining tension. Keep a low stance and engage glutes. Control the movement; avoid crossing feet.
Mixed Grip Pull Up	https://youtu.be/YulHrIPDTiw	Grasp the pull-up bar with one hand in an overhand grip and the other in an underhand grip. Hang from the bar with arms fully extended and shoulders engaged. Pull yourself up towards the bar by bending your elbows, keeping your chest lifted. Lower yourself down with control, maintaining stability throughout the movement. Alternate hand positions for balanced muscle engagement.
Modified Push Up	https://youtu.be/QyPJI0S1JZ8	Start in a plank position on knees. Maintain a straight line from head to knees. Lower chest toward the ground. Push back up, engaging chest and arms. Focus on controlled, controlled movements.
Mountain Climber	https://youtu.be/nhUskkE96EI	Start in a plank position with your hands directly under your shoulders and your body in a straight line from head to heels. Engage your core and pull your right knee toward your chest. Quickly switch and pull your left knee toward your chest while extending your right leg back. Continue alternating knee drives in a running motion. Keep your hips level and maintain a steady pace.
Mountain Pose	https://youtu.be/DpEVwJAEzBc	Stand tall with your feet together or hip-width apart, depending on your comfort. Keep your arms alongside your body with your palms facing forward. Engage your thighs, lifting your kneecaps and drawing your tailbone towards the floor. Lengthen your spine by lifting your chest and reaching the crown of your head towards the ceiling.
Muscle Snatch	https://youtu.be/yLQDF36Pdes	Stand with feet shoulder-width apart, barbell in front. Grip the bar with a wide overhand grip. Explosively lift the bar in one motion, extending hips and pulling elbows high. Catch the bar overhead with locked arms. Lower the bar under control, engaging core and shoulders.
Narrow Grip Bench Press	https://youtu.be/MmjrtWod65pe	Lie on a bench with a narrow grip on the barbell. Lower the bar to your chest while keeping elbows close to your body. Push the bar back up, extending your arms.
Narrow Grip Easy Bar Bicep Curl	https://youtu.be/MGccl-HdR8c	Stand with feet shoulder-width apart. Grip the EZ bar with hands closer than shoulder-width apart. Keep elbows close to your torso. Curl the bar towards your shoulders. Squeeze your biceps at the top, then lower with control.

Negative Pull Up	https://youtu.be/wx3JCGLnMnk	Begin at the top of a pull-up position. Slowly lower yourself down with control. Pull yourself back up to the top of a pull-up position.
No Push Up Burpee	https://youtu.be/SB1LcSy4rvA	Start standing with feet shoulder-width apart. Drop into a squat position with hands on the ground. Jump feet back, landing in a plank position. Jump feet back to hands, returning to squat. Explosively jump up, extending arms overhead.
Oblique Crunch	https://youtu.be/JTMMt4MhPQ	Lie flat on your back with legs on a box. Keep hands behind your head for support. Lift elbow toward the opposite knee. Engage obliques for a cross-body crunch. Control the movement, and switch sides.
One Arm KB Reverse Lunge	https://youtu.be/_OoQ5yDnbS0	Stand upright with a kettlebell in each hand. Your feet should be hip-width apart. Take a step forward with your foot, landing with your full foot on the ground. Both knees should create 90-degree angles. Your front knee should be directly above your ankle, and your back knee should touch the floor. Push through the heel of your front foot and bring your right foot back to standing position. Repeat the same movement with the other foot stepping forward.
One Handed Hang	https://youtu.be/_c3-mTm_TYw	Hang from a bar with one hand. Engage shoulder and grip strength. Keep body straight; avoid excessive swinging. Switch hands and repeat for balance. Control the descent for a controlled release.
One Legged L Sit	https://youtu.be/09mZeQ-tseQ	Begin by sitting on the ground with your legs extended in front of you. Place your hands flat on the ground beside your hips. Lift one leg off the ground, keeping it straight. Engage your core and press down through your hands to lift your hips off the ground. Hold the position, balancing on the grounded foot, while keeping your lifted leg parallel to the ground.
Otis Up	https://youtu.be/IT6ly_ZxYmg	Start lying on your back with a weight on your chest. Sit up, bringing the weight to an overhead position. Keep knees bent, engaging core. Lower back down with control.
Overhead Front Raise	https://youtu.be/i5RHgtpmkxE	Stand with feet shoulder-width apart, holding dumbbells in front of you. Lift the dumbbells straight up in front of you. Keep a slight bend in your elbows. Raise until arms are straight up above your head. Lower the dumbbells under control, targeting shoulder muscles.
Overhead Squat	https://youtu.be/yjzt_EF_7lq8	Stand with feet shoulder-width apart, barbell on your back. Lift weight above head, lower into a squat position, keeping arms straight. Ensure knees align with toes and chest stays lifted. Rise back up, engaging core and leg muscles.
Overhead Walking Lunge	https://youtu.be/PaUAM1Wh4nM	Hold a dumbbell or a barbell overhead with both hands, arms fully extended. Stand with your feet together. Take a step forward with one foot and lower your body into a lunge. Keep the weight overhead as you lunge. Push off the front foot and bring your back foot forward to take the next step. Continue walking forward, alternating lunges with each step.
Paloff Press	https://youtu.be/rfUikZRP3s	Stand sideways to a cable machine or resistance band. Hold the handle with both hands at chest height. Press the handle away from your body. Resist rotation; engage core and stabilize. Return to the chest in a controlled manner.
Paloff Press with Rotation	https://youtu.be/qu3SHscN9Qk	Attach a resistance band to a fixed point. Hold the band with both hands at chest height. Press the band away from your body. Add a rotation away from the anchor point. Control the movement; engage core throughout.
Parallettes L Sit	https://youtu.be/GrlHs-ZxAMQ	Sit on the floor with your legs extended in front of you and parallettes placed beside your hips. Place your hands on the parallettes, gripping them firmly. Lift your legs off the ground, keeping them straight. Engage your core and press down through your hands to lift your hips off the ground. Hold the position, balancing on the parallettes, with your legs parallel to the ground.
Paused Back Squat	https://youtu.be/WN8Ty93qg8	Start with the barbell on your back, resting across your traps. Descend into a squat, focusing on controlled movement and proper form. Pause for a brief moment at the bottom of the squat, maintaining tension. Drive through your heels to return to the starting position.
Paused Bench Press	https://youtu.be/l796VyOLa2M	Begin by lying on the bench with your feet planted firmly on the ground. Lower the barbell to your chest, pausing for a brief moment when it touches your chest. Maintain tension and control throughout the pause. Press the barbell back up to the starting position, exhaling as you push.
Paused Deadlift	https://youtu.be/jlNY8PulMk4M	Start with the barbell on the floor, feet hip-width apart, and shins close to the bar. Engage your core and hinge at the hips to grip the bar with hands shoulder-width apart. Lift the bar off the ground to the knees, then pause briefly. Maintain a neutral spine and strong posture during the pause. Finish the lift by driving hips forward and standing tall, fully extending hips and knees.
Paused Front Squat	https://youtu.be/wVOD-bvVccc	Begin with the barbell racked across your front shoulders, elbows high. Descend into a squat, keeping elbows lifted and chest upright. Pause briefly at the bottom of the squat, maintaining tension. Drive through heels to return to the starting position.
Paused Push Up	https://youtu.be/8lqv7RHEgN4	Start in a plank position with hands shoulder-width apart and core engaged. Lower your body towards the ground until your chest is just above the floor. Pause briefly in the lowered position, maintaining tension. Push through the palms of your hands to return to the starting position.

Pendlay Row	https://youtu.be/BscdNTb_rW0	Start with a barbell on the ground. Bend at the hips with a flat back to grasp the bar. Pull the bar to your chest, squeezing shoulder blades. Lower the bar back to the ground each rep. Maintain a stable and controlled form throughout.
Physio Ball Hip Bridge	https://youtu.be/YqDU95G7ybQ	Lie on your back with back on a physio ball. Lift hips toward the ceiling, forming a bridge. Engage glutes and core for stability. Maintain a straight line from shoulders to knees. Lower hips back down with control, repeat.
Pigeon Stretch	https://youtu.be/aUSAw196e3U	Start in a tabletop position. Bring your right knee toward your right wrist. Extend your left leg straight back. Lower your upper body, feeling a stretch in your right hip. Hold the stretch, then switch legs and repeat.
Pin Press	https://youtu.be/blm821YgU4	Set up a barbell on safety pins or in a power rack at chest height. Lie on a bench directly beneath the barbell and grip it with hands slightly wider than shoulder-width apart. Press the barbell upwards until arms are fully extended, locking out elbows. Lower the barbell back down until it touches the pins, pausing briefly. Drive the barbell back up explosively to the starting position.
Pistol Squat	https://youtu.be/1P2qYsBmekQ	Stand on one leg with the other leg extended in front of you. Lower your body by bending your knee and hip, keeping your raised leg off the ground. Go as low as you can while maintaining balance. Push through your heel to stand back up.
Plank	https://youtu.be/8EaE5zMENQ	Start in a push-up position with your elbows directly under your shoulders. Keep your body in a straight line from head to heels. Engage your core and hold the position.
Plank Crunch	https://youtu.be/dBg-NVbA5m0	Start in a plank position, with your forearms on the ground and your body forming a straight line from head to heels. Engage your core and lift your hips slightly to create a slight curve in your lower back. Bring one knee towards your elbow on the same side of your body, crunching your obliques. Return your leg to the starting position and repeat with the other knee.
Plank to Down Dog	https://youtu.be/AEZGdxPi0v0	Begin in a plank position with your hands directly under your shoulders and your body forming a straight line from head to heels. Engage your core and lift your hips up and back towards the ceiling, coming into a downward facing dog position. Press your heels towards the ground to feel a stretch in your calves and hamstrings. Hold the downward dog position for a moment, then return to the plank position.
Plank Walk front to back	https://youtu.be/hnurFwhz8z0	Start in a plank position on hands. Walk hands forward and then backward. Maintain a stable plank throughout. Engage core and avoid excessive hip movement. Repeat with controlled steps for desired reps.
Plank with Twist	https://youtu.be/k7541Y8bESA	Begin in a plank position on forearms. Rotate hips to one side while lifting an arm. Twist to the other side, alternating arms. Engage core and control the twisting motion. Maintain a straight body from head to heels.
Plate Flip	https://youtu.be/mvvsBjkkB0	Stand with feet hip-width apart, holding a weight plate with one hand. Bend your knees slightly and hinge at the hips. Flip the plate from one hand to the other, using a quick, controlled motion.
Plate Hammer Curl	https://youtu.be/-debC71MFd0	Hold a weight plate with each hand, palms facing each other. Stand with feet shoulder-width apart. Keep elbows close to your torso. Curl the weight plates towards your shoulders. Squeeze your biceps at the top, then lower with control.
Plate Pinch	https://youtu.be/or-HfyM79n4	Stand with a two weight plates in one hand, sides facing out. Pinch the plates between your fingers and thumb. Lift the plates off the ground, holding the pinch. Focus on grip strength and forearm engagement.
Plate Raise	https://youtu.be/SwgKujupOfg	Hold a weight plate with both hands. Stand with feet shoulder-width apart. Lift the plate straight in front of you. Raise to shoulder height, arms extended. Lower the plate with control, repeat.
Plate Twist	https://youtu.be/RyykOIAl8dM	Sit on the floor, knees bent, holding a plate. Lean back slightly to engage core muscles. Rotate the torso, bringing the plate to each side. Keep a straight back and controlled movements. Focus on oblique engagement during twists.
Plie DB Squat	https://youtu.be/xRa8yQ3AFXU	Stand with feet wider than shoulder-width, toes pointing outward. Hold a dumbbell with both hands in front of you. Lower into a squat, keeping knees aligned with toes. Engage inner thighs and glutes.
Plyo Push Up	https://youtu.be/bIWXRj4vo9U	Start in a standard push-up position. Lower chest to the ground with control. Explosively push up, lifting hands off the ground. Land with bent elbows and immediately go into the next rep. Engage chest and arms for explosive power.
Pop Squat	https://youtu.be/UaGbrAfy4FE	Start in a standing position. Jump into a squat position, landing softly. Explode back up. Land and immediately jump back into a squat.

Power Clean	https://youtu.be/62C94vye9o	<p>Begin with the barbell on the ground, centered over your feet. Stand with your feet hip-width apart and toes pointing forward. Bend at your hips and knees to lower your torso and grip the barbell with an overhand grip (palms facing you) just outside your knees. Keep your back flat, chest up, and shoulders over or slightly in front of the barbell. Engage your core and lats as you prepare to lift. Explosively extend your hips, knees, and ankles to lift the barbell off the ground. As the barbell rises, shrug your shoulders and pull the barbell upward with your arms, keeping it close to your body. Bend your elbows and "catch" the barbell on your front shoulders with your hips and knees slightly flexed, and your chest up. Stand up to fully lock out your hips and knees, holding the barbell in the front rack position. Reverse the movement by lowering the barbell back to the ground with control.</p>
Power Clean & Press	https://youtu.be/wogDELTXpA	<p>Start with a barbell on the floor, hands shoulder-width. Perform a power clean, bringing the bar to the shoulders. From the shoulder position, press the bar overhead. Control the descent of the barbell, repeat the sequence.</p>
Power Clean from Blocks	https://youtu.be/pbdFLAS9IGc	<p>Begin with a barbell on blocks just above knee height. Stand with feet hip-width apart, gripping the barbell. Explosively lift the bar, extending hips and pulling elbows high. Catch the bar in a front squat position. Stand up, completing the power clean from blocks.</p>
Power Jerk	https://youtu.be/bpc9cFZP77o	<p>Start with a barbell at shoulder height. Dip into a partial squat, then explode up. Push the bar overhead with arms fully extended. Lock out arms and stand tall, completing the power jerk.</p>
Power Snatch	https://youtu.be/xs-PuG7Zco8	<p>Start with a barbell on the ground, feet hip-width apart. Grip the bar with a wide overhand grip. Explosively lift the bar, extending hips and pulling elbows high. Catch the bar in an overhead squat position. Stand up, completing the power snatch for a full-body exercise.</p>
Power Snatch from Blocks	https://youtu.be/Daw0RcaFLWI	<p>Begin with a barbell on blocks just above knee height. Stand with feet hip-width apart, gripping the barbell. Explosively lift the bar, extending hips and pulling elbows high. Catch the bar in an overhead squat position. Stand up, completing the power snatch from blocks.</p>
Preacher Curl	https://youtu.be/Are_qPclQ-s	<p>Sit at a preacher curl bench. Position upper arms against the pad. Curl the weight, focusing on bicep contraction. Lower the weight with control. Maintain proper form for isolated bicep work.</p>
Pretzel	https://youtu.be/LrBtr5fQyI	<p>Start seated with your legs extended. Bend your right knee and cross it over your left leg. Twist your torso to the right, placing your left elbow on the outside of your right knee. Bring your right hand behind your back for support.</p>
Pull Up	https://youtu.be/d3llZYzLeal	<p>Hang from a pull-up bar with your palms facing away and hands slightly wider than shoulder-width apart. Engage your back and arm muscles to pull your chest up to the bar. Lower your body back down with control.</p>
Pull Up Iso Hold	https://youtu.be/-59FJGvwzDs	<p>Begin at the top of a pull-up position. Hold the position with chin above the bar. Engage back and arm muscles. Maintain the isometric hold for desired duration. Control the descent when ending the exercise.</p>
Pull Up Negative	https://youtu.be/ebn_UJMvTkW	<p>Start by gripping the pull-up bar with hands slightly wider than shoulder-width apart, palms facing away. Jump or step up to bring your chin above the bar. Slowly lower yourself down, controlling the descent. Aim for a slow, controlled movement, taking at least 3-5 seconds to lower your body.</p>
Puppy Dog Pose	https://youtu.be/4rYamEm0QGE	<p>Begin in a tabletop position, hands under shoulders. Walk hands forward, lowering chest towards the ground. Keep hips over knees and arms extended. Feel a stretch in the upper back and shoulders.</p>
Push Press	https://youtu.be/dDJB2erIzG0	<p>Start with a barbell at shoulder height. Dip into a partial squat. Explosively push the barbell overhead. Lock out your arms at the top. Lower the bar under control and repeat for a shoulder-focused exercise.</p>
Push Up	https://youtu.be/27qQ210FJDU	<p>Start in a plank position with hands shoulder-width apart and arms fully extended. Lower your body towards the ground by bending your elbows, keeping them close to your body. Lower until your chest nearly touches the ground, maintaining a straight line from head to heels. Push through the palms of your hands to return to the starting position, fully extending your arms.</p>
Push Up to Down Dog	https://youtu.be/NOZKcs4tOfM	<p>Start in a plank position. Perform a push-up, lowering chest toward the ground. Push back up, lifting hips into a Downward Dog. Engage core and maintain a smooth flow. Repeat, combining the push-up and Down Dog.</p>
Push Up to Side Plank	https://youtu.be/TefYTSr7Zcw	<p>Begin in a plank position. Perform a push-up, lowering chest toward the ground. As you push up, rotate into a side plank. Keep a straight line from head to heels. Return to plank position and repeat on the other side.</p>
Push Up with Feet on Exercise Ball	https://youtu.be/BW42fQ0eUJs	<p>Assume a plank position with feet on an exercise ball. Perform a push-up, lowering chest toward the ground. Keep the core engaged for stability. Push back up, maintaining balance on the ball.</p>
Quad Foam Roll	https://youtu.be/gpcaIPYVw2I	<p>Begin by lying face down on the floor with a foam roller placed under your thighs. Support your upper body with your forearms or hands on the floor. Use your arms to slowly roll the foam roller up and down along the length of your thighs. Focus on any areas of tightness or discomfort, pausing and applying gentle pressure to these areas.</p>

Quad Hold	https://youtu.be/CHvhTMymH4U	Start on hands and knees in a tabletop position. Lift both knees off the ground. Hold the lifted knees parallel to the ground. Engage the quad and maintain for the desired duration.
Quad Stretch	https://youtu.be/Aeab5mjLci	Stand tall with feet hip-width apart. Bend one knee and lift your foot towards your glutes. Reach back with the hand on the same side and grab your ankle or foot. Gently pull your foot towards your glutes until you feel a stretch in the front of your thigh.
Quick Rebounding Heel Raise	https://youtu.be/wobr4R0PHY	Position a sturdy box or platform beside you. Place one foot securely on top of the box. Keep your standing leg slightly bent for stability. Perform quick heel raises with foot planted on ground.
Raised Leg Crunch	https://youtu.be/HeuaGxs5i3M	Lie on your back with your legs extended and a box or platform positioned at your feet. Lift your legs and place your heels on top of the box, knees bent at a 90-degree angle. Place your hands lightly behind your head, elbows wide. Engage your core and lift your shoulder blades off the ground, bringing your chest towards your knees. Lower back down with control.
RDL to Shrug	https://youtu.be/L2YD5asn8L8	Stand with feet hip-width apart, holding a barbell in front. Hinge at the hips, lowering the barbell toward the ground. Keep a slight bend in the knees and back straight. Stand back up, shrugging your shoulders at the top.
Rear Delt Fly	https://youtu.be/y1FgI_163V0g	Hold dumbbells in each hand, palms facing in. Bend at the hips, keeping a flat back. Lift arms laterally, squeezing rear delts. Maintain a slight bend in the elbows. Lower dumbbells with control, repeat.
Renegade Row	https://youtu.be/swWmhwTMBns	Begin in a push-up position with a dumbbell in each hand. Keep your feet hip-width apart for balance. Row one dumbbell to your hip while stabilizing your body with the other arm. Lower the dumbbell back to the ground. Alternate rows between each arm.
Resistance Band Lat Pull Down	https://youtu.be/gblA_PnNU3U	Anchor a resistance band overhead. Hold the band with both hands, arms extended. Pull the band down to shoulder level. Squeeze the lats at the bottom of the movement. Return to the starting position with control.
Resistance Band Row to External Rotation	https://youtu.be/3EUP_Wn8-TY	Attach a resistance band to a fixed point. Hold the band with one hand, arm extended. Perform a row, pulling elbows back. After rowing, externally rotate hand upward. Switch hands after specified number of reps.
Reverse Barbell Curl	https://youtu.be/Yz5ynoMDpHM	Stand with a barbell, palms facing down. Keep elbows close to your body. Curl the barbell upward, contracting biceps. Lower the bar with control to full arm extension.
Reverse Barbell Preacher Curl	https://youtu.be/ezQxFkokTcQ	Set up at a preacher curl bench. Grip the barbell with palms facing down. Curl the bar toward your shoulders. Keep upper arms against the bench. Lower the bar with control for full range.
Reverse Burpee	https://youtu.be/6QAKpKIGag8	Start standing, then squat and roll onto your back. Use momentum to rock back up to a squat. Explosively jump from the squat position. Reach for the sky at the top of the jump. Land and roll back.
Reverse Crunch	https://youtu.be/ChAUrUL0194	Lie on your back with legs raised and bent. Lift hips off the ground toward the chest. Keep the movement controlled and deliberate. Engage lower abs throughout the exercise. Lower legs back down without touching the ground.
Reverse Fly with External Rotation	https://youtu.be/zFZafH2NV4	Start with dumbbells in each hand, palms facing in. Lift arms laterally, squeezing rear delts. Rotate thumbs outward during the lift. Maintain a slight bend in the elbows. Lower dumbbells with control, repeat.
Reverse Fly with Pronated Grip	https://youtu.be/s9-srORN8Ds	Stand or bend at the hips, keeping back straight. Hold dumbbells with palms facing down. Lift arms laterally, squeezing rear delts. Maintain a slight bend in the elbows. Lower dumbbells with control, repeat.
Reverse Grip Bench Press	https://youtu.be/WScGH6QxDMM	Lie on a flat bench with your back flat and feet planted on the floor. Grip the barbell with a reverse grip, palms facing towards you and hands slightly wider than shoulder-width apart. Lower the barbell towards your chest, keeping elbows close to your body. Press the barbell back up to the starting position, fully extending your arms.
Reverse Grip Bent Over Row	https://youtu.be/ESr3iXi1jaw	Stand with a barbell, palms facing up. Hinge at the hips with a flat back. Pull the barbell toward your lower chest. Squeeze shoulder blades together at the top. Lower the bar with control to full extension.
Reverse Grip Yates Row	https://youtu.be/llukclPHP6E	Stand with a barbell, palms facing up. Hinge at the hips with a slight bend in the knees. Pull the barbell toward your lower chest. Keep elbows close to your body. Lower the bar with control to full extension.

Reverse Incline DB Row	https://youtu.be/Bk71zNE6FoI	Set an incline bench at a 45-degree angle. Lie face down with a dumbbell in each hand. Start with arms hanging straight down. Pull the dumbbells up to your hips. Squeeze shoulder blades together; control the descent.
Reverse Lunge	https://youtu.be/74-s0YAyEn4	Stand with your feet together. Take a step backward with one leg, lowering your body into a lunge. Keep your front knee at a 90-degree angle. Push off your back foot to return to the starting position.
Reverse Plate Curl	https://youtu.be/SLVxjXyoRvQ	Stand holding a weight plate with palms facing down. Keep elbows close to your sides. Curl the plate upward toward your chest. Squeeze the biceps at the top of the movement. Lower the plate with control to full arm extension.
Reverse Sled Drag	https://youtu.be/v0f-VA0HPQc	Attach a sled to a harness or straps. Face towards the sled and secure the harness around your body. Lean back slightly and grasp the handles of the sled. Start walking backward, pulling the sled behind you.
Ring Bicep Curl	https://youtu.be/9QSNymv5O0	Begin by grasping the rings with an underhand grip, arms fully extended. Engage your biceps to pull your body upward while keeping your elbows close to your sides. Focus on squeezing your biceps at the top of the movement. Lower yourself back down with control to the starting position.
Ring Dip	https://youtu.be/U3DJTNEZlAY	Hold onto gymnastics rings with arms extended. Lower your body by bending your elbows. Keep your torso upright and elbows close to your body. Push back up to the starting position.
Ring False Grip Hang	https://youtu.be/HXsJMLcpnMU	Begin by gripping the rings with a false grip, where your wrists are above the rings. Hang from the rings with arms straight, elbows locked, and shoulders engaged. Keep your body in a stable position and hold for the desired duration. Focus on maintaining a tight grip and keeping your wrists in line with the rings.
Ring Fly	https://youtu.be/ss2aH2s_QZw	Start by gripping the rings with arms fully extended and palms facing each other. Keeping a slight bend in your elbows, lower your body by spreading your arms out to the sides. Lower yourself until your chest is between the rings, feeling a stretch in your chest muscles. Press back up to the starting position by bringing your hands back together, engaging your chest muscles.
Ring Hamstring Curl	https://youtu.be/z4NTMrzgpDQ	Begin by lying on your back underneath the rings with your feet in the foot straps. Engage your core and lift your hips off the ground, keeping your body in a straight line. Bend your knees and pull your heels towards your glutes, curling the rings towards your body. Pause briefly at the top of the movement, then extend your legs back out to the starting position.
Ring Knee Tuck	https://youtu.be/HHoAdtPbsyU	Start by hanging from the rings with arms extended and shoulders engaged. Engage your core and pull your knees towards your chest, keeping your back straight. Aim to bring your knees as close to your chest as possible, squeezing your abs. Pause briefly at the top of the movement, then slowly extend your legs back to the starting position.
Ring L Sit	https://youtu.be/vuPMJ5PSILc	Begin by hanging from the rings with arms fully extended and shoulders engaged. Lift your legs until they are parallel to the ground, forming an "L" shape with your body. Keep your core engaged and shoulders down away from your ears.
Ring Pike Pull Through	https://youtu.be/UTuFp7g2DU	Start in a plank position with your feet in the rings and hands on the ground. Engage your core and lift your hips towards the ceiling, forming an inverted "V" shape. Pull your legs through the rings towards your hands, keeping them straight. Return to the starting position by reversing the movement, extending your body back into a plank. Focus on maintaining control and stability throughout the exercise, especially in the shoulders and core.
Ring Pull Up	https://youtu.be/aLMpCveKwGQ	Begin by gripping the rings with an overhand grip, hands slightly wider than shoulder-width apart. Hang from the rings with arms fully extended and shoulders engaged. Pull your body upward by bending your elbows, aiming to bring your chest towards the rings. Lower yourself back down with control to the starting position, fully extending your arms.
Ring Push Up	https://youtu.be/di8Xg1N12Ag	Start in a plank position with your hands gripping the rings and arms extended. Lower your body towards the ground by bending your elbows, keeping them close to your body. Descend until your chest nearly touches the rings, maintaining a straight line from head to heels. Push through the palms of your hands to return to the starting position, fully extending your arms.
Ring Row	https://youtu.be/y6MPOUPhkx8	Begin by hanging from the rings with arms fully extended, body at an angle. Pull your body towards the rings by bending your elbows and retracting your shoulder blades. Keep your body in a straight line from head to heels throughout the movement. Lower yourself back down with control to the starting position, fully extending your arms.
Ring Tricep Extension	https://youtu.be/2Hj09nVeFIE	Start by gripping the rings with an overhand grip, hands shoulder-width apart. Hang from the rings with arms fully extended and body straight. Keeping your elbows close to your head, bend them to lower your body towards the rings. Extend your arms to push your body back up to the starting position.
Rocker	https://youtu.be/x_S3zyRb8Ho	Lie on a bench with barbell on your chest. Push the barbell up and back down. Send the barbell backward overhead. Return the barbell back to your chest.
Rocket Jump	https://youtu.be/wXbQyXid1I0	Begin in a squat position with hands at chest level. Explosively jump up, reaching for the sky. Land softly, bending your knees to absorb the impact.
Rocking Standing Calf Raise	https://youtu.be/HcS0Y9-ssqE	Stand with feet shoulder-width apart and a barbell on your back. Rise onto toes, lifting heels off the ground. Rock forward on the balls of your feet. Feel the stretch and contraction in the calves. Maintain control and repeat the motion.
Romanian Deadlift	https://youtu.be/DLidaP2nXf8	Hold a barbell or dumbbells in front of your thighs with a slightly wider than shoulder-width grip. Stand with your feet hip-width apart and a slight bend in your knees. Hinge at your hips and lower the weights down your legs, keeping them close to your body, keep your chin tucked and your back strong and flat Go as low as you can while maintaining a straight back and you feel a stretch in the back of your legs. Return to the starting position by extending your hips and standing up. Keep your core engaged and back flat throughout the movement.

Romanian Deadlift from Deficit	https://youtu.be/GZVVKx9A9s	Stand on an elevated surface with a barbell in front. Hinge at the hips, lowering the barbell towards the ground. Keep legs straight but not locked, maintaining a flat back. Return to starting position.
Romanian Deadlift with DB	https://youtu.be/mjPDqVULs4	Hold dumbbells in each hand, standing with feet hip-width apart. Hinge at the hips, lowering the dumbbells towards the ground. Keep a slight bend in your knees and maintain a flat back. Stand back up.
Romanian Deadlift with KB	https://youtu.be/vbsTqW61Nw	Hold kettlebells in each hand, standing with feet hip-width apart. Hinge at the hips, lowering the kettlebells towards the ground. Keep a slight bend in your knees and maintain a flat back. Stand back up.
Rowing	https://youtu.be/SR912dRt8Ls	Begin with a straight back and engaged core. Grab the handle with an overhand grip, arms fully extended. Drive through your legs, then pull the handle towards your lower chest. Keep elbows close to your body and squeeze shoulder blades together at the end of the pull. Extend arms forward to complete the stroke, then repeat fluidly.
Runners Lunge Stretch	https://youtu.be/YT0x73_ikKY	Start in a lunge position with your right foot forward. Lower your hips, feeling a stretch in the left hip flexor. Keep your chest lifted and back straight. Hold the stretch, then switch legs and repeat.
Russian KB swing	https://youtu.be/PvdVvJ--DH8	Stand with your feet hip-width apart, holding a kettlebell with both hands in front of you. Hinge at your hips, bending your knees slightly, and swing the kettlebell between your legs maintaining a flat back Drive your hips forward and straighten your knees to swing the kettlebell up to shoulder height. Let the kettlebell swing back down between your legs and repeat for the desired number of reps.
Russian Twist	https://youtu.be/8Zd61Jq49Jg	Sit on the floor, leaning back slightly. Lift legs off the ground, forming a V-shape. Rotate medicine ball to touch the floor on each side. Engage core for oblique muscle activation. Keep a controlled and rhythmic movement.
Safety Bar Box Squat	https://youtu.be/lhCL10n7_8s	Set up the safety bar at shoulder height. Position feet shoulder-width apart, toes slightly turned out. Descend by pushing hips back and bending knees, aiming for the box. Maintain a neutral spine and keep knees tracking over toes. Drive through heels to stand, fully extending hips at the top.
Safety Bar Bulgarian Split Squat	https://youtu.be/lApNmJNg2LY	Position safety bar across upper back. Stand a stride's length away from a bench or platform. Place one foot behind on the bench, keeping the other planted. Lower body until front thigh is parallel to the ground. Push through front heel to return to starting position.
Safety Bar Front Squat	https://youtu.be/PQrPQ5WNduI	Set safety bar on shoulders, crossing arms over it. Stand with feet shoulder-width apart. Descend by bending knees and hips, keeping chest up. Lower until thighs are parallel to the ground. Drive through heels to return to standing position.
Safety Bar Good Morning	https://youtu.be/NeefvODt6GI	Set safety bar on shoulders, hands gripping the handles. Stand with feet shoulder-width apart, knees slightly bent. Hinge at hips, pushing them back while keeping back flat. Lower torso until nearly parallel to the ground. Engage glutes and hamstrings to return to upright position.
Safety Bar Half Heeled Split Squat	https://youtu.be/8N4aXba4LLE	Position safety bar on shoulders. Stand in a split stance, one foot elevated on a platform. Lower body until front thigh is parallel to the ground. Push through front heel to return to starting position.
Safety Bar Half Heeled Squat	https://youtu.be/85mazfkOQzU	Set safety bar on shoulders, gripping the platform. Shift both feet so they face outward. Lower into a squat, keeping back straight. Drive through heel to stand, engaging glutes.
Safety Bar Reverse Lunge	https://youtu.be/lXeV5oFY7Lo	Position safety bar on shoulders. Stand with feet shoulder-width apart. Step back with one leg, lowering into a lunge. Keep front knee aligned with ankle. Push through front heel to return to standing position.
Safety Bar Split Squat	https://youtu.be/Qwi__0dO-u4	Set safety bar on shoulders, gripping handles. Stand in a split stance, one foot forward, one back. Lower back knee towards the ground. Keep front knee aligned with ankle. Push through front heel to return to standing position.
Safety Bar Squat	https://youtu.be/FyaZdG87Pa4	Set safety bar on shoulders, hands gripping handles. Stand with feet shoulder-width apart. Descend by bending knees and hips. Keep chest up and back straight. Push through heels to return to standing position.
Scapular Push Up	https://youtu.be/RmyL50JMSFY	Start in a plank position on hands. Protract shoulder blades (spread them apart). Lower chest slightly by retracting shoulder blades. Push back up, focusing on scapular movement. Keep a stable core throughout the exercise.
Scapular Pull Up	https://youtu.be/eaSKVrVVT3U	Hang from a pull-up bar with arms fully extended. Retract your shoulder blades, pulling them together. Keep your arms straight throughout the movement. Lower your body with controlled movement.
Scissor Kick	https://youtu.be/V7bEqvFeMhA	Lie on your back with legs extended. Lift both legs off the ground slightly. Cross one leg over the other in a scissor motion. Engage core and keep a controlled pace. Focus on the lower abdominal muscles.

Seal Jack	https://youtu.be/Y-3DU0m3J1E	Begin standing with your feet together and arms by your sides. Jump explosively, spreading your legs wide while simultaneously bringing your arms out to the sides and overhead. Land softly on the balls of your feet with your legs wide and arms extended. Quickly reverse the motion, jumping back to the starting position with feet together and arms by your sides.
Seated Arnold DB Press	https://youtu.be/-KKIPLTKyA	Sit with dumbbells at shoulder height. Palms facing you, elbows bent. Press dumbbells overhead, rotating palms away. Engage core for stability. Lower dumbbells with control, repeat.
Seated Band Hamstring Curl	https://youtu.be/OXZByrgt6L8	Sit on a bench with a resistance band anchored around your ankles. Extend your legs and flex your feet with the band. Bend at the knees, curling the band towards your glutes. Keep your back straight and core engaged. Straighten your legs back out, targeting hamstrings and glutes.
Seated Banded Calf Stretch	https://youtu.be/gTDJj4ndN5E	Sit with legs extended and loop a band around the ball of your foot. Gently pull the band towards you, flexing your toes. Feel the stretch in your calf muscle. Switch legs and repeat for balanced flexibility.
Seated Barbell Military Press	https://youtu.be/XfJkevwVeT8	Sit on a bench with a straight back. Hold the barbell at shoulder height. Press the barbell overhead, arms fully extended. Lower the barbell with control, repeat.
Seated Bent Over Rear Delt Raise	https://youtu.be/aBBJ1p-Ud0l	Sit on a bench, hinge at the hips to lean forward. Hold dumbbells in each hand, arms hanging down. Lift arms laterally, squeezing rear delts. Maintain a slight bend in the elbows. Lower dumbbells with control, repeat.
Seated DB Curl	https://youtu.be/uRlws8LldE	Sit with a dumbbell in each hand, arms by sides. Curl both dumbbells simultaneously. Keep elbows close to the body. Squeeze biceps at the top of the curl. Lower the dumbbells with control.
Seated DB Front Raise	https://youtu.be/zvzJ-TvtUC4	Sit with a straight back and dumbbells in hand. Hold dumbbells with palms facing down. Lift arms straight in front to shoulder height. Keep a slight bend in the elbows. Lower dumbbells with control, repeat.
Seated DB Palms Down Wrist Curl	https://youtu.be/D40L_CyR5_s	Sit with a dumbbell in each hand, palms facing down. Rest forearms on your thighs, letting wrists extend beyond knees. Curl the dumbbells upward, flexing your wrists. Lower the dumbbells back down with control.
Seated DB Palms Up Wrist Curl	https://youtu.be/2erXCneihUs	Sit with a dumbbell in each hand, palms facing up. Rest forearms on your thighs, letting wrists extend beyond knees. Curl the dumbbells upward, flexing your wrists. Lower the dumbbells back down with control.
Seated DB Press	https://youtu.be/183Bw_cBNqQ	Sit on a bench with back support. Hold a dumbbell in each hand at shoulder height. Press dumbbells overhead, extending arms. Lower dumbbells with control, repeat.
Seated DB Tricep Extension	https://youtu.be/FA1GJrd1sAk	Sit on a bench with back support. Hold a dumbbell with both hands overhead. Lower the dumbbell behind your head. Keep elbows close and stationary. Extend arms upward, engaging triceps.
Seated Double DB Tricep Extension	https://youtu.be/FZp4sk8yxO8	Sit on a bench with back support. Hold a dumbbell in each hand overhead. Lower both dumbbells behind your head. Keep elbows close and stationary. Extend arms upward, engaging triceps.
Seated Flat Bench Leg Pull In	https://youtu.be/u4-xr2G8jFI	Sit on a flat bench with hands gripping the sides. Lift legs off the ground, creating a V-shape. Pull knees toward chest using abdominal muscles. Engage core for stability throughout the movement. Lower legs back down with control.
Seated Forward Fold	https://youtu.be/T5lqghl-Xf8	Start by sitting on the floor with your legs extended straight in front of you. Sit tall with your spine straight and shoulders relaxed. Engage your core muscles to support your lower back. Inhale deeply, then exhale as you hinge at your hips and fold forward from your hips, reaching your hands towards your feet. Keep your back as straight as possible and lead with your chest.
Seated Good Morning	https://youtu.be/rUNBp1mRqb0	Sit on a bench or chair with a barbell on your back. Position the barbell across your upper traps. Keep your feet shoulder-width apart. Hinge at the hips, leaning forward while keeping your back straight. Lower your torso until it's parallel to the ground, then return to the starting position.
Seated Hammer Curl	https://youtu.be/9dcNdcQ7izM	Sit with a dumbbell in each hand, palms facing in. Keep back straight and shoulders relaxed. Curl both dumbbells simultaneously. Maintain a neutral wrist position. Lower the dumbbells with control.
Seated L Sit Leg Lift	https://youtu.be/D9BmqrS8Qak	Sit on the floor with your legs extended in front of you, hands placed beside your hips for support. Engage your core muscles and lift both legs off the ground, keeping them straight. Hold the L-sit position momentarily. Slowly lower your legs back towards the ground without letting them touch.

Seated Lateral Raise	https://youtu.be/D9QydlvJwIQ	Sit with a straight back, holding dumbbells. Arms by sides, palms facing inward. Lift arms laterally to shoulder height. Keep a slight bend in the elbows. Lower dumbbells with control, repeat.
Seated Leg Tuck	https://youtu.be/Z8GcXQCAXcY	Sit on the edge of a bench with hands gripping sides. Lift legs off the ground, knees toward chest. Engage core and flex hip muscles. Lower legs back down with controlled movement. Maintain an upright posture throughout.
Seated Overhead Tricep Extension	https://youtu.be/pkei1tWzrq4	Sit on a bench with back support. Hold a dumbbell with both hands overhead. Lower the dumbbell behind your head. Keep elbows close and stationary. Extend arms upward, engaging triceps.
Seated Palm Up Barbell Wrist Curl	https://youtu.be/UkfPvJD9BX0	Sit with a barbell in your hands, palms facing up. Rest forearms on your thighs, letting wrists extend beyond knees. Curl the barbell upward, flexing your wrists. Lower the barbell back down with control.
Seated Palms Down Barbell Wrist Curl	https://youtu.be/DWfkkobat4g	Sit with a barbell in your hands, palms facing down. Rest forearms on your thighs, letting wrists extend beyond knees. Curl the barbell upward, flexing your wrists. Lower the barbell back down with control.
Seated Single Arm DB Palms Down Wrist Curl	https://youtu.be/5rChNqMamrc	Sit with a dumbbell in one hand, palm facing down. Rest your forearm on your thigh, wrist extending beyond the knee. Curl the dumbbell upward, flexing your wrist. Lower the dumbbell back down with control.
Seated Single Arm DB Palms Up Wrist Curl	https://youtu.be/S_4JdubJbY	Sit with a dumbbell in one hand, palm facing up. Rest your forearm on your thigh, wrist extending beyond the knee. Curl the dumbbell upward, flexing your wrist. Lower the dumbbell back down with control.
Seated Straight Leg Pull In	https://youtu.be/Zx_gZyKd3U	Sit on a bench or the floor with legs extended. Lean back slightly, hands supporting behind you. Lift legs toward the chest using abdominal muscles. Keep a straight back and engage the core. Lower legs back down with controlled movement.
Shoulder Press with Band	https://youtu.be/0qpJ0zRk9-s	Stand on the center of a resistance band. Hold the ends with both hands at shoulder height. Press the band overhead, extending arms. Engage core for stability. Lower the band with control, repeat.
Shoulder Stand	https://youtu.be/qHc62kMWb_A	Start by lying on your back with your arms beside your body and palms facing down. Lift your legs off the ground, bringing them overhead towards the ceiling. Use your hands to support your lower back as you lift your hips and legs towards the sky. Straighten your legs and bring them up as high as you comfortably can, aiming to stack your hips over your shoulders.
Shoulder Stretch	https://youtu.be/OWjBB9lHDuw	Stand tall with your feet hip-width apart. Reach one arm across your body at shoulder height. Use your opposite hand to gently press the arm towards your chest, feeling a stretch in the shoulder and upper back.
Shoulder Tap	https://youtu.be/mGgW5t-Tz8	Begin in a handstand position. Alternate tapping shoulders with hands. Keep body straight and engage core. Perform taps with controlled precision.
Side Bridge	https://youtu.be/GXHghtNUBec	Lie on your side with elbow directly beneath your shoulder. Lift hips off the ground, forming a straight line. Engage core and hold the side plank position. Maintain proper alignment and avoid sagging. Repeat on the other side for balance.
Side Jack Knife	https://youtu.be/SgUBW3QLRRE	Lie on your side with legs straight and stacked. Place the bottom arm on the ground for support. Lift the top leg and arm toward each other. Engage the obliques for the side crunch. Lower both arm and leg with control, repeat.
Side Leg Swing	https://youtu.be/AWxg11s3UxE	Stand tall with your feet together and arms by your sides. Hold onto a stable surface, such as a wall or chair, for support. Swing one leg out to the side as far as comfortable, keeping it straight. Swing the leg back towards the center of your body, crossing it in front of your standing leg.
Side Lunge Touching Heel	https://youtu.be/ZVAFahvxxA4	Stand with feet shoulder-width apart. Step to the side, lunging deeply. Touch the inner heel with the opposite hand. Keep the opposite leg straight. Push off, return to the starting position.
Side Lying External Rotation	https://youtu.be/1QI7353DpSw	Lie on one side with the bottom arm extended. Hold a dumbbell in the top hand. Keep elbow close to the body. Rotate the arm outward, lifting the weight. Lower the dumbbell with control, repeat.
Side Plank	https://youtu.be/rmxDvyfYNO	Lie on your side with your elbow directly under your shoulder. Lift your hips off the ground, keeping your body in a straight line. Hold the position while engaging your core.
Side Plank Hip Drop	https://youtu.be/b5j0CNZDeaE	Begin in a side plank position on your elbow. Lower your hip toward the ground. Lift your hip back up to the side plank. Engage obliques and maintain a straight line. Repeat, controlling the movement on each side.
Side Plank on Hand	https://youtu.be/4fpCPRjP_w	Lie on your side with your elbow directly under your shoulder and legs straight. Lift your hips off the ground, creating a straight line from your head to your heels. Balance on your hand and hold the position, engaging your core and side muscles.

Side Plank with Clam Shell Hold	https://youtu.be/OvFeBN1Slq0	Start in a side plank position on your elbow and band above your knees. Lift the top leg into a clamshell position. Hold the leg in the raised position. Maintain a straight line from head to heels. Engage the side muscles for stability.
Side Plank with Dynamic Clam Shell	https://youtu.be/dLknofFS3w	Begin in a side plank position on your elbow and band above your knees. Lift the top leg into a clamshell position. Perform dynamic open-close motion with the top leg. Keep the core engaged and hips stable. Control the movement for optimal muscle activation.
Side Step Squat With Band	https://youtu.be/fK_3AmP3SbE	Place a resistance band above knees. Stand with feet shoulder-width apart. Step to the side, squatting as you go. Keep tension on the band throughout. Alternate sides, maintaining good form.
Side Stretch	https://youtu.be/MnXoi_JV0ec	Stand tall with your feet hip-width apart and arms relaxed at your sides. Extend one arm overhead, reaching towards the ceiling. Slowly bend your upper body towards the opposite side, creating a gentle stretch along your side.
Side to Side Box Jump	https://youtu.be/rOFTUJWZwc	Stand beside a box or platform. Jump laterally onto the box. Immediately jump off to the opposite side. Land softly, absorbing the impact. Repeat the side-to-side movement.
Side to Side Box Step	https://youtu.be/0BKtfcidOw	Stand beside a box or step. Step laterally onto the box with one foot. Bring the other foot to meet it. Step down to the opposite side of the box.
Side to Side Push Up	https://youtu.be/Mwp3Mp8S2Hg	Start in a plank position on hands. Lower chest toward one hand for a push-up. Push back up to the plank position. Move chest toward the other hand for the next push-up. Maintain a steady and controlled rhythm.
Single Arm Bent Over DB Row	https://youtu.be/7jqP-2o9h4	Stand with your feet hip-width apart. Hold a dumbbell in each hand with an overhand grip, bending at the hips and knees with your back almost parallel to the floor. Lift the dumbbells to your side, keeping your elbows close to your body and squeezing your shoulder blades together at the top of the movement.
Single Arm Bottom-Up KB Press	https://youtu.be/rPsa7dJCdYY	Stand upright with feet shoulder-width apart. Hold a kettlebell in one hand, gripping it firmly with the bottom of the kettlebell facing up and the handle facing down. Press the kettlebell overhead in a controlled manner, ensuring it remains bottom-up throughout the lift. Your arm should end fully extended.
Single Arm Cable Bent Over Row	https://youtu.be/ZWaVDg0z-Mw	Attach a handle to a low pulley on a cable machine. Stand with feet shoulder-width apart with the foot on the working side, slightly behind you Hold the handle with one hand. Bend at the hips and row the handle towards your hip pocket
Single Arm Cable Chest Press	https://youtu.be/XRa6mRx0Cg0	Attach a handle to a low pulley on a cable machine. Stand with feet shoulder-width apart, facing away from the machine. Hold the handle with one hand at chest height. Press the handle forward an slightly passed center, targeting your chest.
Single Arm Cable Incline Fly	https://youtu.be/m4YmXqgZxc	Attach handle to a cable machine at chest height. Stand and face away from the machine. Hold the handle with your arm extended to the sides and elbow slightly bent Bring the handle in front of you maintaining a slight bend in the elbow, as your hand get closer to your midline, squeeze your chest.
Single Arm Cable Rear Delt Fly	https://youtu.be/D39lQllroU	Attach a handle to a belly button level pulley on a cable machine. Stand with feet shoulder-width apart, facing the machine. Hold the handle with one hand in front of you With a slight bend in your elbow, drive your elbow back maintaining the bend and squeezing your shoulder blade back and to the middle
Single Arm Cable Rear Delt Row	https://youtu.be/ZqAVwNXSQJg	Attach a handle to a low pulley on a cable machine. Stand with feet shoulder-width apart with the foot on the working side, slightly behind you Hold the handle with one hand. Bend at the hips and row the handle towards your hip pocket
Single Arm Cable Seated High Row	https://youtu.be/cpCUM3ZHG5o	Attach a handle to a high pulley on a cable machine. Sit on a bench facing the machine. Hold the handle with one hand, arm extended. Pull the handle toward your shoulder, engaging your lats
Single Arm Cable Seated Row	https://youtu.be/TYbsFTjNRGQ	Attach a handle to a low pulley on a cable machine. Sit on a bench facing the machine. Hold the handle with one hand, arm extended in front of you Row the handle toward your hip, engaging your back muscles.
Single Arm Cable Standing Row	https://youtu.be/aj_Ch9H014l	Attach a handle to a low pulley on a cable machine. Stand with feet shoulder-width apart. Hold the handle with one hand. Bend at the hips and row the handle toward your hip.
Single Arm Cable Tricep Extension	https://youtu.be/PqJlrvxgQ_o	Attach a rope to a high pulley on a cable machine. Stand with feet shoulder-width apart facing away from the machine Hold the rope with one hand behind your head Extend your arm fully above your head targeting your triceps.
Single Arm Curl + Press	https://youtu.be/TIsdnUvnYy8	Stand with a dumbbell in one hand, palm facing forward. Curl the dumbbell up to your shoulder by bending your elbow. Once the dumbbell is at shoulder height, press it overhead by extending your arm. Lower the dumbbell back to the starting position.
Single Arm DB Bench Press	https://youtu.be/dQUlqBOrxYs	Lie on a bench with a dumbbell in one hand, arm fully extended above your chest. Keep your feet flat on the ground and your other arm at your side. Lower the dumbbell to your chest while keeping your elbow at a 45 degree angle to your body. Push the dumbbell back up to the starting position.
Single Arm DB Clean & Jerk	https://youtu.be/9hgJvIRbg3Y	Sit on a bench with back support. Hold a dumbbell in one hand with a pronated grip. Lower the dumbbell behind your head. Keep the elbow steady, engage triceps to extend. Control the descent, repeat on both arms.

Single Arm DB Overhead Squat	https://youtu.be/o_7pqd5ytzo	Stand with feet shoulder-width apart, holding a dumbbell overhead in one hand. Keep your arm extended, engaging your shoulder. Lower into a squat position, maintaining balance. Rise back up, focusing on stability and core strength.
Single Arm DB Row	https://youtu.be/efcUQe-Hhi8	Stand with a dumbbell in one hand and a bench or support in front of you. Place your opposite knee and hand on the bench for support. Hold the dumbbell with your arm fully extended, hanging straight down. Pull the dumbbell up towards your hip by bending your elbow, keeping your back flat. Lower the dumbbell back to the starting position.
Single Arm DB Snatch	https://youtu.be/iXyRb5COUjg	Stand with a dumbbell on the ground running perpendicular to your body, in one hand between your legs, knees bent. Explosively lift the dumbbell by extending your hips, knees, and elbow. The dumbbell should move in a straight line overhead. Lock your arm out overhead. Lower the dumbbell back down with control. Repeat for the desired number of reps on each arm.
Single Arm DB Tricep Extension	https://youtu.be/0lMpf-tzNWM	Sit on a bench with a dumbbell in one hand. Hinge at the hips, maintaining a flat back. Keep upper arms close to your sides. Extend forearms back in a controlled motion. Squeeze triceps at the top, lower with control.
Single Arm KB Clean	https://youtu.be/1WfaN3Dcmwv	Start with a kettlebell on the ground between your legs. Hinge at the hips, grasp the kettlebell with one hand. Explosively lift the kettlebell, bringing it to shoulder height. Keep your core engaged and elbow close to the body. Lower the kettlebell under control.
Single Arm KB Floor Press	https://youtu.be/JbmY7juvCGA	Lie on your back with a kettlebell in one hand. Bend your elbow and keep it close to the body. Press the kettlebell upward, extending the arm. Control the descent and repeat on the same side. Switch arms for balanced muscle engagement.
Single Arm KB Jerk	https://youtu.be/OHSe-UDLWU	Begin with a kettlebell in one hand at shoulder height. Dip into a partial squat and explosively push the kettlebell overhead. Lock out your arm and engage your core. Lower the kettlebell with control back to the shoulder.
Single Arm KB Press	https://youtu.be/NioxEfuFNek	Start with a kettlebell in one hand at shoulder height. Press the kettlebell overhead, extending your arm. Keep your core engaged and avoid leaning. Lower the kettlebell under control.
Single Arm KB Row	https://youtu.be/Wct-y5lWrgE	Stand with a kettlebell in one hand. Hinge at the hips, keeping a flat back. Pull the kettlebell toward your hip. Squeeze the shoulder blade at the top. Lower the kettlebell with control; repeat on each side.
Single Arm KB Snatch	https://youtu.be/7pDxx5xSU	Begin with a kettlebell on the ground in front of you. Hinge at the hips and grasp the kettlebell with one hand. Explosively lift the kettlebell, extending hips and pulling elbow high. Catch the kettlebell overhead in a straight arm position. Lower the kettlebell under control.
Single Arm KB Swing	https://youtu.be/v7vNOmi74KA	Stand with feet shoulder-width apart, holding a kettlebell in one hand. Hinge at the hips, swinging the kettlebell back between your legs. Explosively drive your hips forward, swinging the kettlebell to shoulder height. Keep a straight arm and engage your core.
Single Arm Landmine Row	https://youtu.be/K7PYPAEG900	Secure one end of the bar in a landmine attachment. Stand with feet shoulder-width apart. Grab the free end of the bar with one hand. Pull the bar towards your hip, keeping elbow close. Squeeze the back muscles, then lower with control.
Single Arm Lateral Raise	https://youtu.be/gNEIzhLzT9I	Stand with a dumbbell in one hand, arm at your side. Lift the dumbbell to the side, keeping the arm straight. Raise the dumbbell to shoulder height. Control the descent and repeat for lateral shoulder engagement.
Single Arm Overhead KB Squat	https://youtu.be/hL2F2knUbxI	Hold a kettlebell in one hand overhead. Stand with feet shoulder-width apart. Lower into a squat, keeping the kettlebell stable. Rise back up for a challenging single-arm overhead squat.
Single Arm Pronated DB Tricep Extension	https://youtu.be/MizhHbLyB5M	Sit on a bench with a dumbbell in one hand. Hold the dumbbell with a pronated grip (palm facing down). Lower the dumbbell behind your head, keeping the elbow stable. Extend the arm upward, engaging the triceps. Control the descent, repeat on both arms for balance.
Single Arm Push Up	https://youtu.be/FWbplqgS7Yw	Begin in a plank position with one hand on the ground. Keep the other hand behind your back. Perform a push-up, maintaining balance. Switch hands after set is complete.
Single KB Row	https://youtu.be/BADBGgrMgaw	Stand with feet hip-width apart, kettlebell between legs. Hinge at hips, grasping kettlebell with one hand. Pull kettlebell towards hip, keeping elbow close to body. Squeeze shoulder blade at the top of the movement. Lower kettlebell under control.
Single Leg Ball Curl	https://youtu.be/0IAuTE_ib0	Lie on your back with a medicine ball under one foot. Lift your hips off the ground, forming a bridge. Curl the stability ball towards your glutes using one leg. Extend the leg back out, engaging hamstrings.
Single Leg Box Squat	https://youtu.be/g2i0WY0fbA	Stand in front of a sturdy box or bench with one foot planted firmly on the ground. Extend your other leg in front of you, hovering it slightly above the ground. Engage your core and lower your body down into a squat position, keeping your chest up and back straight. Lower yourself until your glutes lightly touch the box, then push through your grounded foot to return to the starting position.

Single Leg Calf Raise	https://youtu.be/RB58gIRAyU	Stand upright on a raised surface (like a weight plate or step) with one foot, while the other foot is off the surface. The ball of your foot should be on the surface, and your heel should be off the edge. Slowly raise the heel of your supporting foot off the ground, standing on your tiptoes and contracting the calf muscle. Lower your heel back down to the ground in a slow and controlled manner.
Single Leg Glute Bridge	https://youtu.be/ZUtrQ8EU5I0	Lie on your back with your knees bent and feet flat on the ground. Lift one leg off the ground. Push through the heel of your grounded foot to lift your hips off the ground, keeping your lifted leg extended. Squeeze your glutes at the top. Lower your hips back to the ground and repeat on the other leg.
Single Leg Heels Elevated Hip Thrust	https://youtu.be/5b0fBOOk7c	Lie on your back with one foot elevated on a bench or step. Place the other foot flat in the air. Lift your hips towards the ceiling, engaging your glutes. Keep the elevated foot in line with the bent knee. Lower your hips back down and repeat, then switch legs.
Single Leg High Box Squat	https://youtu.be/A37QeATmXlq	Stand in front of a high box or bench. Lift one foot off the ground. Squat down, sitting on the box. Touch the box lightly, then stand back up.
Single Leg KB Pass Over	https://youtu.be/faJ_unlX0is	Stand tall with feet hip-width apart, holding a kettlebell in one hand. Lift one leg off the ground behind you, balancing on the other leg. Pass the kettlebell to the opposite hand. Continue passing the kettlebell from hand to hand in a controlled motion.
Single Leg Pogo Hop	https://youtu.be/Q5pu9D2OMx4	Stand tall on one leg with a slight bend in the knee. Keep your core engaged and shoulders relaxed. Begin hopping lightly on the standing leg, using minimal knee bend. Land softly on the ball of your foot with each hop, focusing on balance and stability.
Single Leg Push Off	https://youtu.be/A2UH6pwOij0	Place one foot on a box or elevated surface. Push off with the elevated leg. Extend the hip and knee, lifting the body. Swing the opposite knee up. Land softly on the starting leg, control the descent.
Single Leg Romanian Deadlift	https://youtu.be/kq75sF66TZs	Stand on one leg with a slight bend in the knee. Hold a dumbbell or kettlebell in one hand in front of you. Hinge at your hips, extending your free leg straight behind you, and lower the weight toward the ground. Keep your back flat and chest up. Return to the starting position by engaging your hamstrings and glutes.
Single Leg Skater Squat	https://youtu.be/Tz1nX0CY5mU	Stand on one leg with the other leg lifted behind. Lower the body into a single-leg squat. Extend the free leg back and around panted foot. Keep the chest up and back straight. Push through the standing heel to return.
Single Leg Standing Squat	https://youtu.be/C_vMW0bQQoE	Stand tall with your feet hip-width apart. Shift your weight onto one leg and lift the other foot off the ground. Keep your chest up and back straight as you lower your body into a squat position, bending the knee of your supporting leg. Lower yourself as far as you can while maintaining balance and stability. Push through your heel to return to the starting position.
Single Under	https://youtu.be/VHOIRE-Z6WA	Hold a jump rope with both hands, palms facing forward. Stand with feet shoulder-width apart and knees slightly bent. Swing the jump rope overhead and jump off the ground just enough to pass the rope under your feet once. Land softly on the balls of your feet and repeat the motion, continuing to jump with a steady rhythm.
Sit-Up	https://youtu.be/6CfzNazWmQQ	Lie on your back with your knees bent and feet flat on the ground. Cross your arms over your chest or place your hands behind your head. Engage your core and sit up, bringing your chest towards your knees.
Skull Crusher	https://youtu.be/zWbMG0zpPVE	Lie on your back on a bench with a barbell or dumbbells in your hands, arms extended vertically. Bend your elbows, lowering the weight(s) towards your forehead, keeping your upper arms stationary. Extend your arms to return to the starting position, avoiding locking out your elbows.
Sled Drag	https://youtu.be/pkt1j-prAVI	Attach a sled to a harness or straps. Stand facing away from the sled with the harness securely attached to your body. Lean forward slightly and grasp the handles of the sled. Start walking forward, dragging the sled behind you.
Sled Push	https://youtu.be/-PAbT1usLDk	Stand behind the sled with feet hip-width apart. Bend knees slightly, engage core, and grip handles. Drive forward explosively, using legs and arms.
Snatch	https://youtu.be/z0it7UT6Qrw	Begin with the barbell on the ground, centered over your feet. Stand with your feet hip-width apart and toes pointing forward. Bend at your hips and knees to lower your torso and grip the barbell with a wide, overhand grip (palms facing you). Keep your back flat, chest up, and shoulders over the barbell. Engage your core and lats and pull the bar into your shins. Explosively lift the barbell off the ground by fully extending your hips, knees, and ankles. As the barbell rises, pull it upward with a shrugging motion, keeping it close to your body. Quickly drop under the barbell and catch it in an overhead squat position with your arms fully extended. Stand up with the barbell overhead, fully locking out your hips and knees. Reverse the movement by lowering the barbell to the ground with control.
Snatch Behind the Neck Overhead Press	https://youtu.be/BCKqRVsNeo	Start with a barbell behind your neck, hands wide. Dip into a partial squat and explosively lift the barbell overhead. Lower the bar under control.
Snatch Deadlift	https://youtu.be/xNgeb1nMIY	Stand with feet hip-width apart, gripping the barbell. Keep a wide grip and chest up. Lift the barbell with an explosive hip hinge. Extend hips and pull the bar straight up. Lower the barbell with control, focusing on the hip hinge.
Snatch from Blocks	https://youtu.be/u1GDH9dq3IE	Begin with a barbell on blocks just above knee height. Stand with feet hip-width apart, gripping the barbell. Explosively lift the bar, extending hips and pulling elbows high. Catch the bar in an overhead squat position. Stand up.

Snatch Grip Deadlift	https://youtu.be/YYSQB0Gfag	Stand with feet wider than hip-width, gripping the barbell with a wide overhand grip. Keep chest up, back flat, and shoulders over the bar. Lift the barbell with an explosive hip hinge, extending hips and knees. Maintain a straight back throughout the lift. Lower the barbell under control.
Snatch High Pull From Hang	https://youtu.be/VON8pYLisjc	Start with a barbell, hanging just above the knees. Grip the barbell with hands slightly wider than shoulder-width. Keep your back straight, chest up, and engage your core. Explosively lift the barbell, pulling it towards your chest. Elbows should lift higher than shoulder level, then lower with control.
Snatch Pull	https://youtu.be/WhP3lwTewG4	Stand with feet hip-width apart, gripping the barbell. Keep a wide grip and chest up. Lift the barbell with an explosive hip hinge. Pull the barbell straight up, keeping elbows high. Lower the barbell under control.
Snatch Push Press	https://youtu.be/PuJlBafG2DzQ	Start with a barbell on shoulders. Dip into a partial squat. Explosively push the barbell overhead. Lock out your arms at the top. Lower the bar under control.
Snatch Shrug	https://youtu.be/XWDIN3cgyXQ	Start with feet hip-width apart, holding a barbell. Perform a slight dip at the knees. Explosively extend hips, shrugging shoulders. Keep arms straight, lifting barbell upward. Control the descent, repeat the movement.
Sots Press	https://youtu.be/jaSzWwEnlg8	Begin with a barbell on your back, feet shoulder-width apart. Lower into a deep squat position, keeping heels on the ground. Press the barbell overhead while remaining in the deep squat. Keep your back straight and chest up throughout the movement. Lower the barbell back down and repeat the Sots press.
Spider Crawl	https://youtu.be/Jezy6Y1J20	Start in a plank position on hands. Lift one foot, bringing knee toward the elbow. Move the foot back to the starting position. Repeat with the other foot. Maintain a steady and controlled crawl movement.
Spider Man Step	https://youtu.be/rikcTv-XJ6I	Lunge forward placing both hands on the inside of your forward leg. Lower hips toward ground, feeling a stretch in the groin. Push off right foot, returning to starting position. Switch leading leg and repeat stretch.
Split Clean	https://youtu.be/nph81C9ThJY	Begin with a barbell on the ground in front of you. Hinge at the hips, gripping the barbell with hands shoulder-width apart. Explosively lift the bar, extending hips and pulling elbows high. Catch the bar in a split squat position. Stand up.
Split Jerk	https://youtu.be/BvVHgSLenH4	Start with a barbell at shoulder height. Dip into a partial squat, then explode up. Split your legs, one forward and one backward. Push the barbell overhead, locking out your arms. Bring feet back together and stand tall.
Split Snatch	https://youtu.be/yGmbxPH_6is	Begin with a barbell on the ground in front of you. Hinge at the hips, gripping the barbell with hands wider than shoulder-width. Explosively lift the bar, extending hips and pulling elbows high. Catch the bar overhead in a split squat position. Stand up.
Split Squat	https://youtu.be/r7vYplXBasm	Stand with one foot forward and one foot back in a staggered stance. Lower your body by bending both knees until your front thigh is parallel to the ground. Push through your full front foot to return to the starting position.
Split Squat with KB	https://youtu.be/WPsbZi3HxU	Stand with one foot forward and the other back, holding kettlebells in each hand. Lower your back knee toward the ground in a split stance. Keep your front knee directly above your ankle. Push through the front foot to return to the starting position.
Spot Press	https://youtu.be/6w-ZjMCSiqY	Lie on bench with back flat, feet planted. Hold barbell above chest with arms extended. Lower barbell slowly until it's just above chest. Pause briefly, keeping tension in chest muscles. Push barbell back up to starting position without locking elbows.
Squat Abduction With Band	https://youtu.be/zHUpShD8YQ	Place a resistance band around thighs. Stand with feet shoulder-width apart. Perform a squat, keeping tension on the band. At the bottom of the squat, extend knees outward. Return the knees and squat again.
Squat Jerk	https://youtu.be/p75fpljx6I	Begin with a barbell at shoulder height. Dip into a partial squat. Explosively push the barbell overhead. Catch the bar in a full squat position. Stand up.
Squat Jump	https://youtu.be/muW_soR6Dc	Stand with your feet shoulder-width apart. Perform a squat by bending your knees and dropping your hips like you're sitting in a chair. Explosively jump as high as you can. Land softly, bending your knees to absorb the impact. Immediately go into the next squat jump.
Squat Walk Out	https://youtu.be/0a0fYTvyZyg	Stand with feet shoulder-width apart, barbell on rack. Set up as if for a squat. Unrack the bar and take a few steps back. Hold for a moment, bracing core and stabilizing. Return bar to rack or proceed with squat.

Stability Ball Pike with Knee Tuck	https://youtu.be/kCr_XQXT7Ag	Assume a plank position with feet on a stability ball. Lift hips and roll the ball toward your chest. Engage core for a pike position. Roll the ball back to plank, then bring knees to chest.
Staggered Hands Push Up	https://youtu.be/PHqTvFxi0gA	Start in a plank position. Place one hand slightly forward and the other back. Lower your chest toward the ground. Push back up, engaging chest and arms. Switch hand positions for each repetition.
Standing Alternating DB Press	https://youtu.be/kKzuMTOu6TA	Stand with a dumbbell in each hand at shoulder height. Press one dumbbell overhead while keeping the other at shoulder height. Lower the pressed dumbbell while pressing the other one. Continue alternating between arms.
Standing Barbell Bicep Curl	https://youtu.be/5FSWb16vIEg	Stand with feet shoulder-width apart. Hold a barbell with palms facing forward. Curl the barbell toward your shoulders. Keep elbows close to your body. Lower the bar with control to full arm extension.
Standing Barbell Calf Raise	https://youtu.be/Zw6z2oXWfGA	Stand with feet hip-width apart. Place a barbell on your upper back. Lift heels off the ground, rising onto toes. Squeeze calf muscles at the top. Lower heels down with control for a stretch.
Standing Barbell Press Behind the Neck	https://youtu.be/enf3YmUVoxA	Start with a barbell resting on your upper back. Grip the barbell with hands wider than shoulder-width. Press the barbell overhead, locking out your arms. Lower the barbell behind your neck with control.
Standing Bent Over Single Arm DB Tricep Extension	https://youtu.be/SpXU0p2Qz5Y	Stand with a flat back, feet shoulder-width apart. Hinge at the hips, holding a dumbbell in one hand. Keep the upper arm close to the head. Extend the arm back, engaging the triceps. Lower the dumbbell with control, switch arms.
Standing Bent Over Two Arm DB Tricep Extension	https://youtu.be/Q5TzTmRiVKI	Stand with feet shoulder-width apart, knees slightly bent. Hinge at the hips, keeping a flat back. Hold a dumbbell in each hand, arms bent at 90 degrees. Keep upper arms stationary throughout the movement. Lower the dumbbells with control, repeat.
Standing Bicep Stretch	https://youtu.be/VGyN93U1bF0	Stand with feet shoulder-width apart. Extend one arm straight behind you, holding onto a supportive structure. Hold the stretch and breathe deeply.
Standing Bradford Press	https://youtu.be/3QvLWNYgiNc	Start with a barbell at shoulder height in front of you. Press the barbell overhead with palms facing forward. Lower the barbell behind your neck. Press it back overhead to the starting position.
Standing Broad Jump	https://youtu.be/WkDAW6Ys0	Start with feet shoulder-width apart. Bend at the knees, lowering into a partial squat. Explosively jump forward, extending the hips. Swing arms forward for momentum. Land with soft knees, absorbing the impact.
Standing DB Calf Raise	https://youtu.be/C8ZeiGp6A0	Stand with a dumbbell in each hand. Lift heels off the ground, rising onto toes. Squeeze calf muscles at the top. Keep a stable and controlled motion. Lower heels down with control for a stretch.
Standing DB Hand Squeeze	https://youtu.be/WXfHv9SV9g	Stand with a dumbbell in each hand at your sides. Loosen the grip of the dumbbell so it rests in your fingertips. Curl the dumbbell back into your palm and squeeze. Hold the squeeze for a few seconds. Release the tension and repeat.
Standing DB Press	https://youtu.be/EQLtx2dGnE	Stand with your feet shoulder-width apart, holding a dumbbell in each hand at shoulder height. Press the dumbbells overhead until your arms are fully extended. Lower the dumbbells back to shoulder height. Keep your core engaged and avoid arching your back.
Standing DB Reverse Curl	https://youtu.be/x4qfN1fvPjs	Stand with a dumbbell in each hand, palms facing toward you. Keep elbows close to your body. Curl the dumbbells upward toward your shoulders. Squeeze the biceps at the top of the curl. Lower the dumbbells with control to full extension.
Standing DB Straight Arm Front Delt Raise Above Head	https://youtu.be/xkm3lveQLQg	Stand with a dumbbell in one hand, arms at your sides. Lift the dumbbell straight in front of you above your head. Keep your arms extended with a slight bend in the elbows. Lower the dumbbell back to the starting position.
Standing DB Upright Row	https://youtu.be/1zk8UPVXERk	Stand with feet shoulder-width apart. Hold a dumbbell in each hand, arms down by side. Lift the dumbbells straight up to shoulder height. Keep elbows higher than the wrists. Lower the dumbbells with control, repeat.
Standing Forward Fold	https://youtu.be/Qp-pw0KczE	Stand tall with feet hip-width apart. Hinge at the hips and fold forward, keeping spine long. Allow arms to hang or grasp elbows for a deeper stretch. Relax neck and shoulders, letting head hang heavy.
Standing Front Barbell Raise Overhead	https://youtu.be/ww4U9xelTAQ	Stand with feet shoulder-width apart, holding a barbell in front. Keep a slight bend in your elbows and lift the barbell straight overhead. Extend your arms fully, engaging the front deltoids. Lower the barbell back down with control.

Standing IT Band Stretch	https://youtu.be/HKz8LmL_p8	Stand tall with feet hip-width apart. Cross right leg behind left, keeping both feet flat on the ground. Lean torso to the left, reaching right arm overhead. Feel a stretch along the right side of the body.
Standing KB Press	https://youtu.be/EZTFG_9Q5LM	Stand with your feet shoulder-width apart, holding a kettlebell in one hand at shoulder height. Press the kettlebell overhead until your arm is fully extended. Lower the kettlebell back to shoulder height. Keep your core engaged and avoid arching your back.
Standing Landmine Press	https://youtu.be/gV18nWoN_3g	Set up the landmine attachment. Stand with feet shoulder-width apart. Hold the landmine bar at shoulder height. Press the bar overhead, extending your arms. Lower the bar under control, maintaining stability.
Standing Overhead Barbell Tricep Extension	https://youtu.be/NUrW2zeBDQ	Stand with feet shoulder-width apart. Hold a barbell overhead with both hands. Keep elbows close to the head. Lower the barbell behind your head. Extend arms upward, engaging triceps.
Standing Overhead DB Tricep Extension	https://youtu.be/MnejUg5XIU4	Stand with feet shoulder-width apart. Hold a dumbbell with both hands overhead. Keep elbows close to the head. Lower the dumbbell behind your head. Extend arms upward, engaging triceps.
Standing Palm In Single Arm DB Press	https://youtu.be/VXsar9fSDVA	Stand with a dumbbell in one hand at shoulder height. Rotate your palm inward so it faces your head. Press the dumbbell overhead, extending your arm. Lower the dumbbell with control.
Standing Palms Up Barbell Behind the Back Wrist Curl	https://youtu.be/EKdlnaV3G34	Stand with a barbell behind your back, palms facing up. Rest your forearms on your glutes or thighs. Curl the barbell upward, flexing your wrists. Lower the barbell back down with control.
Standing Quad Stretch	https://youtu.be/UmIAHxaU57I	Stand with feet hip-width apart. Lift your right foot towards your glutes, holding the ankle. Keep knees close together and engage your core. Hold the stretch, then switch legs and repeat.
Standing Single Arm DB Curl Over Incline Bench	https://youtu.be/u3qS4YexHSg	Stand beside an incline bench, holding a dumbbell. Place the non-working arm on the bench for support. Curl the dumbbell towards your shoulder. Keep the elbow stationary and engage the biceps. Lower the dumbbell with control; repeat on each arm.
Standing Single Arm DB Tricep Extension	https://youtu.be/G2IBxy00lyk	Stand with feet shoulder-width apart. Hold a dumbbell in one hand overhead. Keep elbow close to the head. Lower the dumbbell behind your head. Extend arm upward, engaging triceps.
Star Crunch	https://youtu.be/FscXXjJiMUU	Lie on your back with legs extended and hands behind head. Lift legs, forming a "star" shape. Crunch up and return to starting position.
Star Jump	https://youtu.be/r4V7Ij_D8s	Stand with feet hip-width apart. Bend knees slightly, keeping back straight. Explosively push through heels, extending hips and knees. Swing arms upward for momentum. Land softly, bending knees to absorb impact.
Static Clam Shell Hold	https://youtu.be/9PMG-hMMMAo	Lie on your side with knees bent and band slightly above your knees. Lift the top knee, keeping feet together. Hold the position with the knee raised. Engage the outer hip muscles. Maintain stability throughout the hold.
Stationary Bike	https://youtu.be/ywVuBoEDmzl	Adjust seat and handlebars to comfortable positions. Start pedaling with a smooth, controlled motion. Maintain proper posture, keeping back straight. Adjust resistance to challenge yourself appropriately.
Step Up with Knee Raise	https://youtu.be/J84nTOUGH0o	Stand in front of a step or bench. Step up onto the platform with one foot. Lift the opposite knee toward your chest. Engage core for balance and stability. Step back down and repeat on the other side.
Stiff Leg Deadlift	https://youtu.be/QbQIKcj_re8	Stand with feet hip-width apart, holding a barbell in front of you. Keep a slight bend in your knees and maintain a straight back. Hinge at the hips, lowering the barbell toward the ground. Lower the barbell as far as flexibility allows, keeping back straight. Engage your hamstrings and glutes to return to the upright position.
Stiff Legged DB Deadlift	https://youtu.be/2TTr0_1OPIE	Stand with a dumbbell in each hand, feet hip-width apart. Hinge at the hips, keeping a slight bend in your knees. Lower the dumbbells towards the ground, maintaining a straight back. Stand back up.
Stir the Pot	https://youtu.be/koaV-z2bw04	Assume a plank position on an exercise ball. Use forearms to roll the ball in a circular motion. Engage core and maintain a straight body line. Rotate in both directions for a full challenge.
Straddle L Sit	https://youtu.be/bwwzFX6akVI	Sit on the ground with legs spread wide in a straddle position. Place hands flat on the ground beside hips, fingers pointing forward. Press into the ground, lifting hips off the ground. Keep legs straight and engage core to hold the position.

Straight Leg Barbell Good Morning	https://youtu.be/ljWQMk87Mc	Stand with feet shoulder-width apart, a barbell across your upper traps. Keep a slight bend in your knees and maintain a straight back. Hinge at the hips, lowering your torso towards the ground. Lower until you feel a stretch in your hamstrings. Engage your hamstrings and glutes to return to an upright position.
Straight Leg Bicycle Crunch	https://youtu.be/xXS2ZpxHzKQ	Lie on your back with legs extended and hands behind your head. Lift your right leg and simultaneously bring left elbow toward it. Switch, bringing right elbow toward lifted left leg. Keep legs straight and low to the ground throughout. Perform in a controlled, rhythmic manner for core engagement.
Straight Leg Boat	https://youtu.be/fOJrPXCUGzq	Sit on the floor with legs extended. Lean back slightly, lifting legs off the ground. Form a V-shape with your torso and legs. Keep arms straight and parallel to the ground. Engage core for balance and hold the position.
Straight Leg Crunch	https://youtu.be/_oJhY_ykMJc	Lie on your back with legs extended and hands behind your head. Lift your upper body forward. Engage core for a controlled crunch. Lower upper body with control; repeat.
Straight Legged Hip Raise	https://youtu.be/myT6QCFrJz0	Lie on your back with legs at a 90 degree angle and arms by your sides. Lift hips towards the ceiling, engaging glutes and hamstrings. Keep core tight, forming a straight line from shoulders to heels. Lower hips back down without touching the ground.
Strict Handstand Push Up	https://youtu.be/TCyAxPY3cwo	Begin in a stable handstand position against a wall. Keep arms straight and body in a vertical line. Lower body by bending elbows until head touches the ground. Push back up to the starting position.
Strict Toe to Bar	https://youtu.be/D4Bcsm3qEbM	Hang from a pull-up bar with arms fully extended. Lift your legs straight up towards the bar. Keep your legs straight without using momentum. Lower your legs back down with control.
Suitcase Carry	https://youtu.be/j0Q4Tm7rKP4	Stand tall holding a weight in one hand by your side. Keep shoulders square and core engaged. Walk slowly and steadily, maintaining balance. Keep the weight from swinging side to side.
Suitcase Crunch	https://youtu.be/npxjrPnJCI	Lie on your back with straight legs and hands behind your head. Lift both knees and bring elbows towards each other. Contract abs, lifting head and shoulder blades off the ground. Return to starting position and switch sides, repeating the motion.
Suitcase Deadlift	https://youtu.be/9CwJHLpzx-0	Stand with feet hip-width apart, kettlebell in one hand. Lower with control, keeping a stable core throughout. Lift the kettlebell by extending hips and knees.
Sumo Deadlift	https://youtu.be/vjF5KT55hY4	Stand with feet wider than shoulder-width in a sumo stance. Grip the barbell with hands inside your legs. Keep a flat back, chest up, and engage your core. Lift the barbell by extending your hips and knees. Lower the barbell with control, maintaining proper form throughout.
Sumo Deadlift Block Pull	https://youtu.be/Qhfevy_2r1M	Set up a barbell on blocks or a raised surface. Stand with feet wider than shoulder-width in a sumo stance. Grip the barbell with hands inside your legs. Keep a flat back, chest up, and engage your core. Lift the barbell by extending your hips and knees, then lower with control.
Sumo KB Deadlift	https://youtu.be/YapqM42tAk4	Stand with feet wider than shoulder-width, toes turned out. Hold a kettlebell with both hands between legs. Hinge at hips, keeping back straight and chest up. Lower the kettlebell towards the ground, maintaining a neutral spine. Drive through heels, extending hips and returning to the upright position.
Sumo Romanian Deadlift	https://youtu.be/NCY7iabeRGU	Stand with feet wider than shoulder-width apart, toes pointed out. Hold barbell or dumbbells in front of thighs with a wide grip. Hinge at hips while keeping back straight, lowering weights towards the ground. Lower until you feel a stretch in hamstrings, keeping legs relatively straight. Engage glutes and hamstrings to return to standing position, squeezing at the top.
Sun Salutation A	https://youtu.be/XZJulaEVfFE	Begin in Mountain Pose, feet together, arms at sides. Inhale, raise arms overhead, arch back (Upward Salute). Exhale, fold forward, hands to the ground (Forward Fold). Inhale, lift halfway, lengthen spine (Halfway Lift). Exhale, step or jump back to plank, lower down (Chaturanga).
Sun Salutation B	https://youtu.be/5-TT0VwAhY	Start in Mountain Pose, feet hip-width apart. Inhale, bend knees, raise arms overhead (Chair Pose). Exhale, fold forward, hands to the ground (Forward Fold). Inhale, lift halfway, lengthen spine (Halfway Lift). Exhale, step back to High Plank, lower down (Chaturanga).
Superman	https://youtu.be/zn7qJ4P8gpk	Lie face down on the ground with your arms extended in front of you and legs straight. Lift your arms and legs off the ground as high as you can, squeezing your lower back and glutes. Hold for a moment, then lower back down.
Superman Hold	https://youtu.be/MRnGANEGaPA	Lie facedown on the ground with arms extended in front of you. Lift your arms, chest, and legs off the ground simultaneously. Keep your head in a neutral position, looking down. Hold the lifted position, focusing on engaging your back muscles. Lower back down with control, then repeat for the desired duration.
Supine Twist	https://youtu.be/d2-djDRFMdY	Lie on your back with arms extended to the sides. Bring your right knee towards your chest. Rotate your hips and lower the right knee across your body. Keep your shoulders on the ground for a spinal twist. Hold the stretch, then switch legs and repeat on the other side.

Supported Calf Stretch	https://youtu.be/yxs5G2M4WxY	Stand facing a wall with hands placed on the wall. Step forward with one foot and press into the wall. Keep the front leg straight and place weight onto front leg. Hold the stretch and then switch legs.
Svend Press	https://youtu.be/W4ondFgVzCY	Stand with feet shoulder-width apart, holding a weight between hands. Position hands in front of chest, pressing them together. Engage chest muscles and press the weight plate straight out. Squeeze chest at the top, keeping arms slightly bent. Return to the starting position and repeat for desired reps.
Swimmer	https://youtu.be/sYq1na-wV2Y	Lie facedown on the ground with arms extended in front of you. Lift your arms, chest, and legs off the ground simultaneously. Begin flutter-kicking your legs and perform alternating arm movements. Keep your head in a neutral position and continue the swimming motion for the desired duration.
Swiss Ball Back Extension	https://youtu.be/5FP72dGxWY	Lie face down on a Swiss ball with hips supported and feet anchored. Place hands behind head or cross arms over chest. Engage core and lift chest off the ball, extending back. Keep neck in line with spine and avoid hyperextension. Lower back down with control and repeat for desired reps.
Swiss Ball Bird Dog	https://youtu.be/JEnuWlM1FO	Start on hands and knees with a Swiss ball under hips. Extend right arm forward and left leg back, parallel to ground. Keep core engaged and hips level. Hold for a moment, then return to starting position.
Swiss Ball Bridge	https://youtu.be/ETR1W9lnnf4	Lie on your back with feet on a Swiss ball, knees bent. Press into the ball, lifting hips towards the ceiling. Squeeze glutes at the top, keeping core engaged. Lower hips back down with control.
Swiss Ball Chest Fly	https://youtu.be/vJ5kxHGpmW8	Sit on a Swiss ball with feet flat on the ground. Hold dumbbells or resistance bands in each hand. Walk your feet forward and roll onto the ball until your upper back and head are supported. Extend arms out to the sides, palms facing up. Slowly bring arms together in front of chest, squeezing pecs.
Swiss Ball Crunch	https://youtu.be/lpozZnIXOZq	Sit on a Swiss ball with feet flat on the ground. Walk your feet forward until the ball is under your lower back. Cross your arms over your chest or place hands behind your head. Engage your core and lift your shoulder blades off the ball, crunching towards your hips. Lower back down with control and repeat for desired reps.
Swiss Ball DB Press	https://youtu.be/y6ROBUCKvuk	Sit on a Swiss ball with feet flat on the ground. Hold dumbbells at shoulder height, palms facing forward. Walk your feet forward until the ball is under your upper back. Press the dumbbells upward, extending arms fully. Lower the dumbbells back to shoulder height with control.
Swiss Ball Hip Thrust	https://youtu.be/zr7kqLITOM	Sit on the ground with a Swiss ball behind your upper back. Roll onto the ball, so it supports your upper back and shoulders. Bend your knees and place your feet flat on the ground. Brace your core, then drive through your heels to lift your hips upward. Squeeze your glutes at the top, then lower back down with control.
Swiss Ball Jack Knife	https://youtu.be/QLsYfLJ2cLc	Start in a plank position with hands on the ground and feet on a Swiss ball. Keep core engaged and hips stable. Use your abs to pull the ball towards your chest while lifting hips. Roll the ball back out to plank position with control.
Swiss Ball Leg Curl	https://youtu.be/-vW6hnc3_dg	Lie on your back with heels on a Swiss ball. Lift hips, forming a straight line from shoulders to heels. Curl the ball towards your glutes using your legs. Keep hips raised, engaging hamstrings and glutes. Extend legs, then repeat for a controlled leg curl.
Swiss Ball Lunge	https://youtu.be/sC4jHVrp7k0	Place your rear leg on a swiss ball and the front foot flat on the floor. Lower your body until your thigh is parallel to the floor and your shin is vertical. Your back knee should hover just above the floor. Push through the ball of your foot to return to your starting position. Repeat the movement with the other leg.
Swiss Ball Pike	https://youtu.be/DG9e_xAKCSM	Begin in a plank position with feet resting on a Swiss ball and hands on the floor, shoulder-width apart. Engage your core muscles to stabilize your body. Slowly lift your hips upwards while keeping your legs straight, rolling the Swiss ball towards your hands. Aim to create a V shape with your body, bringing your hips directly over your shoulders. Hold the position briefly, then lower your hips back down to return to the starting plank position.
Swiss Ball Russian Twist	https://youtu.be/qEsavXhnPUo	Sit on a Swiss ball with feet flat on the ground, knees bent. Lean back slightly and engage your core for stability. Hold a weight or medicine ball with both hands. Twist your torso to one side, bringing the weight towards the ground. Return to center and twist to the opposite side.
Swiss Ball Single Leg Curl	https://youtu.be/Jz4fZNGoLJQ	Lie on your back with heels on a Swiss ball. Lift hips, forming a straight line from shoulders to heels. Lift one foot off the ball, extending the leg. Curl the ball towards your glutes using the other leg. Keep hips raised, engaging hamstrings and glutes. Alternate legs for each curl.
Swiss Ball Squat	https://youtu.be/1woAEKRJQ_Y	Stand with your back against a wall and place a Swiss ball between your lower back and the wall. Position your feet shoulder-width apart and engage your core muscles. Lower your body by bending your knees and hips, keeping your back straight and the ball stable against the wall. Lower until your thighs are parallel to the ground, maintaining stability on the ball. Push through your heels to return to the starting position, squeezing your glutes at the top.
Swiss Ball Superman	https://youtu.be/bZagams_Glo	Position yourself face down on a Swiss ball, ensuring your stomach is centered on the ball. Extend your arms forward and your legs straight behind you. Lift both your arms and legs simultaneously off the ground, aiming to create a straight line with your body. Hold the lifted position briefly, focusing on keeping your body aligned. Lower your arms and legs back down to the starting position with control.

T Spine Foam Roll	https://youtu.be/inYkxnD_tUA	Lie down with a foam roller placed horizontally beneath your upper back. Support your head with your hands, elbows bent. Lift your hips off the ground and begin rolling up and down along your upper back. Pause on any tight spots and breathe deeply to release tension.
Tall Muscle Snatch	https://youtu.be/rGfmbRZbY5s	Stand tall with a barbell in front, hands wide apart. Lift the barbell by shrugging your shoulders. Pull the barbell upward, keeping it close to your body. Lower the barbell with control.
Tate Press	https://youtu.be/CKV4_ZFtaCQ	Lie on a bench, holding dumbbells directly over chest. Rotate wrists, so palms face feet and elbows point outward. Lower dumbbells to chest, elbows bent at a 90-degree angle. Press the dumbbells back up, squeezing chest muscles. Keep core engaged and wrists rotated throughout.
Toe Tap	https://youtu.be/1sR0wDZZTo0	Begin in a plank position on your elbows. Tap one foot out to the side, keeping the other grounded. Alternate tapping feet while engaging core muscles.
Toe Touch	https://youtu.be/kSmvKK2XVx4	Lie on your back with legs at a 90 degree angle and arms reaching overhead. Lift upper body off the ground, reaching fingertips toward toes. Keep legs straight and core engaged throughout the movement. Lower back down with control, emphasizing abdominal contraction.
Torso Twist	https://youtu.be/JNLrRjJqMQg	Stand tall with feet hip-width apart. Extend arms out to the sides at shoulder height. Rotate torso to one side, keeping hips facing forward. Return to center, then twist to the opposite side.
TrapBar Deadlift	https://youtu.be/0ZshUc3sXBk	Stand inside a trap bar with feet hip-width apart. Bend at the hips and knees to grip the handles. Keep a flat back and chest up. Lift the trap bar by straightening hips and knees. Lower the bar back down with control.
TrapBar Jump	https://youtu.be/O2Ww9TtCVtg	Stand inside a trap bar with feet hip-width apart. Bend at the hips and knees to grip the handles. Explosively jump upward, lifting the trap bar. Land softly, bending your knees to absorb the impact.
Tree Pose	https://youtu.be/iOtpDJAhdSc	Begin standing tall with feet together. Shift weight onto one foot and lift the opposite foot off the ground. Place the sole of the lifted foot on the inner thigh or calf of the standing leg. Press foot into leg and hands together at heart center.
Triangle Pose	https://youtu.be/fl_wT_vK2s1w	Begin in a standing position with your feet wide apart, toes pointing forward. Extend your arms out to the sides parallel to the ground. Turn your right foot out 90 degrees and pivot your left foot slightly inward. Shift your hips towards the right as you reach your right hand down towards your right ankle, shin, or the floor. Extend your left arm straight up towards the ceiling, keeping both arms in line with your shoulders.
Tricep Kick Back	https://youtu.be/ketkGfCv-8U	Hold a dumbbell in one hand palm facing in. Place opposite knee and hand on a bench for support. Keep upper arm parallel to the ground. Extend arm back, squeezing triceps at the top.
Triceps Stretch	https://youtu.be/jy4Oizhzi0A	Stand or sit tall with spine straight. Reach your right arm overhead, bending at the elbow. Place your right hand down between your shoulder blades, fingers pointing down. Use your left hand to gently push your right elbow towards your head.
TRX Bicep Curl	https://youtu.be/KjFyDgJA9DM	Stand facing the TRX straps. Hold the handles with an underhand grip. Walk backward to create tension in the straps. Bend your elbows to curl your body towards the anchor point. Keep your core engaged and maintain good posture. Straighten your arms to return to the starting position.
TRX Body Saw	https://youtu.be/QFfQLSxjp-o	Start in a plank position with your feet in the TRX straps. Keep your hands directly under your shoulders. Engage your core and push your body backward while maintaining a plank position. Push your body forward to return to the starting position. Maintain stability and control throughout the movement.
TRX Bulgarian Split Squat	https://youtu.be/D2jAPPqwK4s	Face away from the TRX anchor point. Extend one leg behind you and place your foot in the TRX strap. Stand with your front leg and descend into a split squat. Lower your back knee toward the ground while keeping your front knee above your ankle. Push through your front heel to return to the starting position. Repeat for the desired number of reps on one leg before switching to the other leg.
TRX Chest Fly	https://youtu.be/J-syYiaeKs4	Face away from the TRX anchor point. Hold the handles with your arms extended in front of you. Lean forward with your body at a slight angle. Open your arms wide to the sides while keeping them slightly bent at the elbows. Squeeze your chest muscles as you bring your arms back together. Maintain control and avoid overstretching your shoulders.
TRX Chest Press	https://youtu.be/YyY61YFcDM0	Face away from the TRX anchor point. Hold the handles with your hands at chest height. Walk forward to create tension in the straps. Lean your body forward slightly. Push the handles away from your chest, extending your arms. Keep your core engaged and maintain a straight body. Bend your elbows to return to the starting position.
TRX Cross Lunge	https://youtu.be/3C2Q4bh9NX8	Stand facing the TRX anchor point. Hold the handles with your arms extended. Step one foot forward and to the side, crossing it in front of your other foot. Lower your body into a lunge while keeping the TRX straps taut. Push through your front heel to return to the starting position. Alternate sides for each repetition.

TRX Hip Hinge Stretch	https://youtu.be/qINiOj8qhs4	Face the TRX anchor point. Hold the handles with your arms extended. Walk backward to create tension in the straps. Hinge at your hips while keeping your back straight. Feel the stretch in your hamstrings and lower back. Return to the upright position.
TRX Hip Press	https://youtu.be/tsugE7WfIrk	Lie on your back with your feet in the TRX straps. Place your hands on the ground beside you for support. Lift your hips off the ground by pushing through your heels. Keep your core engaged and body in a straight line from shoulders to heels. Lower your hips back down to the ground.
TRX Knee Rollout	https://youtu.be/6I99J47VCOA	Start in a plank position with your feet in the TRX straps. Keep your hands directly under your shoulders. Roll your knees in toward your chest by tucking them. Maintain control and a strong core. Extend your legs back to the starting plank position.
TRX Knee Tuck	https://youtu.be/qWNUXikiGL0	Begin in a plank position with your feet in the TRX straps. Keep your hands directly under your shoulders. Bring both knees in toward your chest while keeping your hips lifted. Maintain control and balance. Extend your legs back to the plank position.
TRX Lateral Lunge	https://youtu.be/FNxCFu_Alx4	Stand facing the TRX anchor point. Hold the handles with your arms extended. Step to the side with one foot and lunge to that side, bending your knee. Keep the other leg straight and the TRX straps taut. Push through your lunging leg's heel to return to the starting position.
TRX Low Back Stretch	https://youtu.be/RbF0ZiScr1A	Face the TRX anchor point. Hold the handles with your arms extended in front of you. Walk backward to create tension in the straps. Hinge at your hips and lower your upper body, feeling the stretch in your lower back. Maintain a neutral spine and relax into the stretch. Return to the upright position.
TRX Lower Deltoid Fly	https://youtu.be/OKxHJmpPpTk	Face away from the TRX anchor point. Hold the handles with your arms extended in front of you. Lean forward with your body at a slight angle. Open your arms wide to the sides while keeping them slightly bent. Squeeze your lower deltoid muscles as you bring your arms back together. Maintain control and avoid overstretching your shoulders.
TRX Lunge with Hop	https://youtu.be/QRG8u5rBzcY	Stand facing away from the TRX anchor point. Hold the handles with your arms extended. Step one foot back into a lunge position. Lower your body into the lunge. Explosively push through your front heel and hop off the ground. Land softly and return to the lunge position.
TRX Mid Row	https://youtu.be/TYyc5QVT0vA	Face the TRX anchor point. Hold the handles with your arms extended in front of you. Walk backward to create tension in the straps. Lean back slightly and pull your chest toward the handles, squeezing your shoulder blades together. Keep your elbows close to your sides. Return to the starting position.
TRX Mountain Climber	https://youtu.be/npdlry0dpr8	Start in a plank position with your feet in the TRX straps. Keep your hands directly under your shoulders. Alternate driving your knees in toward your chest while maintaining a strong plank position. Move in a running motion, keeping your core engaged.
TRX Oblique Crunch	https://youtu.be/9tTu929ZMSk	Face the TRX anchor point. Hold the handles with your arms extended in front of you. Walk backward to create tension in the straps. Lean back slightly, keeping your back straight. Bring one knee up toward your chest while twisting your torso. Return to the starting position.
TRX Overhead Squat	https://youtu.be/FZjMjpnWodQ	Stand facing the TRX anchor point. Hold the handles with your arms extended overhead. Walk backward to create tension in the straps. Lower your body into a squat, pushing your hips back and bending your knees. Keep your arms extended overhead.
TRX Pike	https://youtu.be/ZTI-hGXfffc	Start in a plank position with your feet in the TRX straps. Keep your hands directly under your shoulders. Lift your hips upward, bending at the waist to create an inverted "V" shape. Keep your core engaged. Lower your hips back to the plank position.
TRX Pistol Squat	https://youtu.be/3SI_jKta4Qw	Stand facing away from the TRX anchor point. Hold the handles with your arms extended in front of you. Lift one leg off the ground and extend it forward. Bend your other knee and lower your body into a one-legged squat. Keep your arms extended for balance. Push through your heel to stand back up.
TRX Plank	https://youtu.be/h_S_TnskPpOQ	Face away from the TRX anchor point. Hold the handles with your arms extended in front of you. Walk backward to create tension in the straps. Place your feet in the foot cradles and get into a plank position with your elbows on the ground. Maintain a straight line from head to heels.
TRX Power Pull	https://youtu.be/X7bd2g62A48	Face the TRX anchor point. Hold one handle with an overhand grip and stand sideways. Walk backward to create tension in the strap. Extend your arm fully, and then pull the handle towards your chest while rotating your torso. Squeeze your shoulder blades together. Extend your arm back out.

TRX Push Up	https://youtu.be/-AdG6qtNaM	<p>Face away from the TRX anchor point. Hold the handles with your arms extended in front of you. Walk forward to create tension in the straps. Get into a push-up position with your hands on the handles. Keep your body in a straight line from head to heels. Lower your chest toward the handles by bending your elbows. Push through your palms to return to the starting position.</p>
TRX Single Arm Mid Row	https://youtu.be/oinrdMIZvsw	<p>Stand facing the TRX anchor point. Hold one handle with one hand, arm extended. Walk backward to create tension in the strap. Lean back slightly and pull your chest toward the handle, squeezing your shoulder blades together. Keep your elbow close to your body. Return to the starting position.</p>
TRX Single Leg Plank	https://youtu.be/cd1yNgItirU	<p>Start in a plank position facing away from the TRX anchor point. Hold both handles with your arms extended. Lift one foot off the ground and balance on the other foot. Maintain a strong plank position, engaging your core. Hold for the desired duration.</p>
TRX Single Leg Squat Jump	https://youtu.be/8gdq2Gvcms	<p>Stand facing the TRX anchor point. Hold both handles with your arms extended. Lift one foot off the ground. Squat down on one leg. Explosively jump up, using the one leg for propulsion. Land softly on the same leg and maintain balance.</p>
TRX Sit-Up	https://youtu.be/SvqDaziQQB4	<p>Face away from the TRX anchor point. Hold both handles with your arms extended overhead. Sit down with your legs extended straight. Use your core to sit up while lifting the handles overhead. Keep your arms extended throughout the movement.</p>
TRX Split Deltoid Fly	https://youtu.be/CFjnbla0AU	<p>Face away from the TRX anchor point. Hold the handles with your arms extended to the sides. Walk backward to create tension in the straps. Lean forward with your body at a slight angle. Open your arms wide to the sides while keeping them slightly bent. Squeeze your deltoid muscles as you bring your arms back together.</p>
TRX Standing Rollout	https://youtu.be/gF7yic84xog	<p>Face the TRX anchor point. Hold both handles with your arms extended in front of you. Walk backward to create tension in the straps. Lean forward with your body at a slight angle. Roll the handles forward, extending your arms. Maintain a straight line from head to heels.</p>
TRX Torso Rotation	https://youtu.be/JdbenPBEUJ4	<p>Stand sideways to the TRX anchor point. Hold both handles with your arms extended in front of you. Walk backward to create tension in the straps. Keep your arms extended and rotate your torso away from the anchor point. Twist as far as comfortable while maintaining balance. Return to the starting position.</p>
TRX Tricep Extension	https://youtu.be/rj0LeZZuu0Q	<p>Face away from the TRX anchor point. Hold the handles with your arms extended overhead. Walk forward to create tension in the straps. Bend your elbows to lower your hands behind your head. Keep your upper arms close to your ears.</p>
Tuck Crunch	https://youtu.be/mHG7xj54GcY	<p>Lie on your butt with knees bent and feet flat on the ground. Place hands behind your body for stability. Extend legs away from chest. Bring knees back to your chest and repeat.</p>
Tuck Hold	https://youtu.be/WjZy_Bz5RYQ	<p>Begin by sitting on the ground with your knees bent and feet flat. Lift your feet off the ground and bring your knees towards your chest. Reach your arms to the outside of each foot. Engage your core muscles to lift your chest and straighten your back.</p>
Tuck L Sit	https://youtu.be/Ny180iXcR9g	<p>Sit on ground, knees bent, feet flat. Place hands on ground beside hips. Lift body, pressing through hands. Bring knees towards chest, tucking close.</p>
Turkish Get Up	https://youtu.be/twKfMcYCsBc	<p>Lie on your back with a kettlebell or dumbbell in one hand, arm extended vertically. Bend your knee on the same side as the weight. Roll onto your side, using your free hand for support. Push through your bent leg to come up to a seated position. From seated, push through your hip to come to a kneeling position. Stand up while keeping the weight overhead.</p>
Twisting Crunch	https://youtu.be/UzWDU5Q5us	<p>Lie on back with knees bent and feet flat. Place hands behind head, elbows out. Lift shoulders off ground, engaging core. Rotate torso, bringing right elbow towards left knee. Return to center, then repeat on opposite side.</p>
Twisting Mountain Climber	https://youtu.be/y8ymjUhmIil	<p>Start in a plank position with hands under shoulders. Drive one knee towards the opposite elbow, engaging obliques. Return to plank position and switch to the other knee. Keep a quick, alternating pace while maintaining core stability.</p>

Two Arm DB Preacher Curl	https://youtu.be/KUEPu8wMukU	Sit at a preacher bench with a dumbbell in each hand. Position upper arms against the pad, elbows at 90 degrees. Curl the dumbbells towards your shoulders, keeping upper arms still. Squeeze biceps at the top of the movement. Lower the dumbbells with control, fully extending arms before the next curl.
Two Arm KB Clean	https://youtu.be/w-xP48SLKC8	Start with a kettlebell on the ground between your legs. Hinge at the hips, grasping the kettlebell with both hands. Explosively lift the kettlebell, bringing it to shoulder height. Keep a straight back and engage your core. Lower the kettlebell with control.
Two Arm KB Jerk	https://youtu.be/fzgn6o-njW0	Begin with a kettlebell in both hands at shoulder height. Dip into a partial squat and explosively push the kettlebell overhead. Lock out your arms and engage your core. Lower the kettlebell with control back to the shoulder.
Two Arm KB Press	https://youtu.be/1IAUT1YB7Tk	Hold a kettlebell in each hand at shoulder height. Press both kettlebells overhead, extending your arms. Keep your core engaged and avoid leaning. Lower the kettlebells under control.
Two Arm KB Row	https://youtu.be/ppU0eMyEU38	Stand with feet shoulder-width apart, holding a kettlebell in each hand. Hinge at hips, keeping a flat back and knees slightly bent. Pull the kettlebells towards your hips, squeezing shoulder blades. Keep elbows close to the body during the rowing motion. Lower the kettlebells with control, fully extending arms before the next row.
Two Arm Pronated DB Tricep Extension	https://youtu.be/od7gRqwABUE	Lie on a flat bench, holding a dumbbell with both hands. Start with arms fully extended over your chest. Lower the dumbbell behind your head by bending at the elbows. Keep upper arms stationary, focus on triceps engagement. Extend elbows, returning to the starting position.
Typewriter Pull Up	https://youtu.be/oXGv8ihH3mQ	Start with a wide grip on the pull-up bar. Pull yourself up until your chin reaches the bar. Shift your body to the left, bringing your right shoulder towards the bar. Move back to the center, then shift to the right, bringing your left shoulder towards the bar. Repeat this side-to-side motion.
U Ab	https://youtu.be/K2NW3ZvoVmQ	Lie on your back with legs straight and arms holding a weight, extended overhead. Lift legs and upper body simultaneously, forming a "U" shape. Engage core muscles, reaching fingertips towards toes. Lower back down with control, maintaining tension in abs.
Underhand Front Raise	https://youtu.be/3aq7CQTFaso	Stand with a dumbbell in each hand, palms facing forward. Lift the dumbbells straight in front of you. Keep your arms extended with a slight bend in the elbows. Raise the dumbbells to shoulder height. Lower the dumbbells back down with control.
Upright Row with Band	https://youtu.be/ZZPqh0ocuyo	Stand on the center of a resistance band. Hold the ends with an overhand grip, hands shoulder-width apart. Lift the band straight up, leading with elbows. Keep the band close to the body. Lower with control, engaging shoulder muscles.
Upward Facing Dog	https://youtu.be/yKilWFKxOnU	Begin lying face down with palms near your chest. Press through your hands, lifting your chest and upper body. Keep legs straight, toes pointed, and thighs off the ground. Arch your back, opening the chest and looking upward. Hold the pose.
V Sit	https://youtu.be/wx3lYPaedWg	Sit on the floor with legs extended. Lean back slightly, balancing on your sit bones. Lift legs and torso simultaneously to form a "V" shape. Keep arms extended parallel to legs.
V-Up	https://youtu.be/ftn2HwP_jc	Lie on your back with your arms extended overhead. Simultaneously lift your legs and upper body off the ground. Reach your hands toward your feet. Keep your core engaged.
Vertical Leg Crunch	https://youtu.be/EhcUysCemro	Lie on your back with legs extended vertically towards the ceiling. Place hands behind your head for support. Lift your shoulder blades off the ground, engaging your core. Reach towards your toes with your hands, lifting your upper body. Lower back down with control.
W Raise	https://youtu.be/6YCurm6_HC44	Lie face down on an incline bench. Hold a dumbbell in each hand, palms facing down. Lift both arms in a "W" shape to shoulder height. Squeeze your shoulder blades together at the top. Lower the dumbbells with control.
Waiter's Carry	https://youtu.be/dAmA_1sZuyk	Stand tall, holding a weight in one hand at shoulder height. Keep shoulder blades back and down, maintaining good posture. Walk with a controlled gait, balancing the weight like a waiter. Engage core for stability and prevent leaning to one side.
Walking Barbell Lunge	https://youtu.be/oBN3F3ZHnzU	Begin standing with a barbell across your upper traps. Take a step forward with your right foot into a lunge position. Lower your body until both knees are bent at a 90-degree angle. Push off your right foot to bring your left foot forward. Repeat the walking lunge, alternating legs with each step.
Walking Knee Hug	https://youtu.be/379rCfhVUus	Stand tall with feet hip-width apart. Lift right knee towards chest, hugging it with both hands. Take a step forward while maintaining the knee hug. Repeat alternately, walking in a controlled manner. Engage core for balance and flexibility.

Walking Lunge with Overhead Weight	https://youtu.be/JavS3Zc2MF0	Hold a weight overhead with one hand. Take a step forward into a lunge position. Lower back knee toward the ground. Push off the front foot, bringing the back leg forward. Alternate legs, maintaining overhead weight position.
Wall Ball	https://youtu.be/HB_C96MmqXM	Stand facing a wall with a medicine ball held at chest height. Squat down, keeping your back straight. Explosively push through your heels to jump up. As you jump, throw the medicine ball against the wall as high as possible. Catch the ball as it returns to you.
Wall Sit	https://youtu.be/QHO77gyfBs	Stand with your back against a wall and feet shoulder-width apart. Slide down the wall until your thighs are parallel to the ground. Keep your back flat against the wall and hold this position for the desired duration. Engage your quads and glutes.
Wall Walk	https://youtu.be/Pisd-F2IAhw	Start in a plank position facing away from the wall. Walk feet up the wall, bringing body into an inverted position. Walk hands toward the wall to bring chest closer. Reverse the movement, walking hands away and feet down. Maintain core stability and control throughout.
Warrior 1	https://youtu.be/gRMsoIT00IA	Start in a standing position with feet hip-width apart. Step one foot back into a lunge, keeping front knee bent. Ground the back foot at a 45-degree angle. Raise arms overhead, palms facing each other.
Warrior 2	https://youtu.be/0R7oxXrfMLw	Begin in a standing position with feet wide apart. Turn one foot out 90 degrees and the other foot slightly inward. Extend arms parallel to the ground, palms facing down. Bend the front knee, keeping it aligned with the ankle. Gaze over the front hand, keeping torso facing sideways.
Weighted Bench Dip	https://youtu.be/5cjuhHhXWDo	Position yourself on parallel bars or a sturdy bench. Hold a weight on your lap with legs extended. Lower body by bending elbows until arms are at 90 degrees. Push back up, fully extending arms.
Weighted Chin Up	https://youtu.be/SvP5rxfJ7Is	Hang from a pull-up bar with a weighted belt or vest. Grip the bar with palms facing you, slightly narrower than shoulder-width. Pull your body up towards the bar, leading with your chest. Keep elbows close to the body and chin above the bar. Lower down with control, fully extending arms before the next repetition.
Weighted Crunch	https://youtu.be/3bp-DAYUJYY	Lie on your back with knees bent and hold a weight against your chest. Lift head and shoulders off the ground, engaging your core. Focus on contracting abdominal muscles throughout the movement. Lower back down with control.
Weighted Plank	https://youtu.be/fuJ1RxB0Ac	Start in a plank position with a weight on your upper back. Engage core muscles to maintain a straight line from head to heels. Ensure shoulders are directly above wrists. Hold the plank for the desired duration.
Weighted Pull Up	https://youtu.be/B7yys4ufBBc	Attach weight to a dip belt or use a weighted vest. Grip the pull-up bar with palms facing away, slightly wider than shoulder-width. Pull your body up, leading with your chest, chin above the bar. Keep elbows close to the body throughout the movement. Lower down with control, fully extending arms before the next repetition.
Weighted Push Up	https://youtu.be/BimZ_KdF0Lq	Assume a push-up position with a weight plate on your upper back. Maintain a straight line from head to heels. Lower your chest towards the ground with control. Push back up to the starting position.
Weighted Sissy Squat	https://youtu.be/m5awTA8jibk	Stand with feet hip-width apart, holding a weight behind you. Go onto toes and lean back slightly and lower your body into a squat. Keep heels on the ground and knees over toes.
Weighted Step Up	https://youtu.be/0pHZ-XgXziY	Stand in front of a bench or step with a dumbbell or kettlebell in each hand. Step up onto the bench with one foot. Push through your heel to lift your body up. Step back down with control.
Wheel Pose	https://youtu.be/eedu5ive7Jk	Lie on your back with knees bent and feet flat on the ground. Place hands beside your head, fingers pointing towards shoulders. Press into your hands and feet to lift your hips off the ground. Straighten your arms and lift your chest towards the ceiling. Keep legs and arms strong, opening through the chest and shoulders.
Wide Grip Barbell Bench Press	https://youtu.be/ZYBRZXG6oUc	Lie on a flat bench with a wide grip on the barbell. Lower the barbell to your chest, keeping elbows at a 90-degree angle. Press the barbell back up to the starting position.
Wide Grip Bench Press	https://youtu.be/7R69LzYY7VU	Lie on a bench with a wide grip on the barbell. Lower the barbell to your chest, keeping elbows wide. Press the barbell back up, extending your arms.
Wide Grip Lat Pulldown	https://youtu.be/WLPITny86BE	Sit at the lat pulldown machine with a wide grip. Grip the bar wider than shoulder-width apart. Keep chest up, pull the bar down to chest level. Squeeze shoulder blades together at the bottom. Control the upward movement, engaging lats.
Wide Grip Pull Up	https://youtu.be/ZPGLentlQA0	Grasp the pull-up bar with a wide overhand grip. Hang freely, arms fully extended. Pull your body up, leading with your chest towards the bar. Keep elbows wide and engage upper back muscles. Lower down with control, fully extending arms before the next pull-up.

Wide Grip Rear Pull Up	https://youtu.be/4fQewGpkgjHM	Grasp the pull-up bar with a wide overhand grip. Hang freely, arms fully extended. Pull your body up, leading with your head in front of the bar. Focus on squeezing the shoulder blades together at the top. Lower down with control, fully extending arms before the next pull-up.
Wide Grip Standing Barbell Curl	https://youtu.be/zVMY8R5wQAo	Stand with feet shoulder-width apart, grip the barbell with wide hands. Keep elbows close to your torso, palms facing forward. Curl the barbell towards your shoulders, contracting biceps. Squeeze biceps at the top of the movement. Lower the barbell with control, fully extending arms before the next curl.
Wide Incline Push Up	https://youtu.be/e7WSb2t0Nk8	Position hands wider than shoulder-width on an elevated surface. Create a straight line from head to heels, forming an incline. Lower your chest towards the surface, maintaining a controlled descent. Push back up to the starting position, engaging chest muscles.
Wide Legged Forward Fold	https://youtu.be/tNc1Gk3nt5c	Stand with feet wider than shoulder-width apart. Hinge at the hips, reaching hands towards the ground. Keep a slight bend in your knees. Hold the forward fold position.
Wide Push Up	https://youtu.be/VIDgmc5IX2U	Start in a plank position with hands wider than shoulder-width. Maintain a straight line from head to heels. Lower your chest towards the ground, keeping elbows wide. Push back up to the starting position.
X Band Walk	https://youtu.be/nKR-ZpQFh1s	Place a resistance band around your ankles. Stand with feet shoulder-width apart, creating tension in the band. Take lateral steps to the side, maintaining tension in the band. Keep a slight bend in the knees and maintain a straight posture.
Yates Row	https://youtu.be/4qXz4fbXQCg	Stand with a barbell using an underhand grip, slightly wider than shoulder-width. Hinge at the hips, keeping a slight bend in the knees. Pull the barbell towards your lower chest, squeezing shoulder blades. Keep elbows close to your body throughout the rowing motion. Lower the barbell with control, fully extending arms before the next row.
Zercher Squat	https://youtu.be/ajQeyp1Kics	Start with the barbell in the crook of your elbows. Stand with feet shoulder-width apart. Lower into a squat, keeping a straight back. Engage your core and glutes. Rise back up.
Zottman Curl	https://youtu.be/44S62yilhy0	Hold a dumbbell in each hand with palms facing forward (supine grip). Curl the dumbbells towards your shoulders, contracting biceps. Rotate your wrists at the top, turning palms to face downward (pronated grip). Lower the dumbbells with control, maintaining the pronated grip. Rotate wrists back to the starting supine position for the next curl.