



Build Your Own Workout

A

Core:

- Bent Knee Side Bridge
- All Four Bear
- Anti-Rotation Press
- Side Plank
- Wall Press Dead Bug

B

Lower Body Pull:

- Deadlift
- Trap Bar Deadlift
- 2 Leg Bridge
- 1 Leg Bridge
- Bridge Elevated on Bench

C

Lower Body Push:

- Goblet Squat
- Reverse Lunge
- Step Up
- Elevated Single Leg Reverse Box Squat
- Front Squat
- Back Squat

D

Upper Body Push:

- Pushup
- DB press
- Alternating DB Press
- Cable Press
- Machine Chest Press
- Bench Press

E

Upper Body Pull:

- TRX Row
- Dumbbell Row
- Cable Row
- Pull-up
- Cable Lat Pull-down
- Barbell Row