

Exercise Index

Hip Dominant/Squat Movement	Pulling Movements	Pushing Movements	Single-Leg Movements	Abdominal Movements
Bench Squat	One-Arm Dumbbell Row	Assisted Push Up	Reverse Lunge (Body Weight)	McGill Crunch
Body Weight Squat	Dumbbell Pullover	Push Up (From Knees)	Reverse Lunge (Weighted)	Knees To Elbows
Goblet Squat	Rings Row	Push Up	Split Squat (Body Weight)	Compression Lifts (For Time)
Squat/Press	Eccentric Pull Up	Push Up (With Dumbbells)	Split Squat (Weighted)	Hanging Knee Raises
Overhead Squat	Jump Pull Up	Pike Push Up	One-Leg Glute Bridge	Assisted L-Sits (For Time)
Sumo Dumbbell Deadlift	Pull Up	Dumbbell Bench Press	Step Up (Body Weight)	
Glute Bridge	L-Sit Pull Up	Dumbbell Flye	Step Up (Weighted)	
	Tuck Ice Cream Maker	Rings Push Up	Pistol On Rings	
	Archer Rows	Dips	Pistol	