

## Workout A

1. Front Squat: <https://vimeo.com/548539868>
2. Goblet Squat: <https://vimeo.com/549861291>
3. Slide Board Hamstring Curl: <https://vimeo.com/553092683>
4. Hamstring Bridge: <https://vimeo.com/553094846>
5. Kettlebell Swing: <https://vimeo.com/548557683>
6. Resistance Band Pull Through: <https://vimeo.com/549850284>
7. TRX Row: <https://vimeo.com/517629742>
8. Half-Kneeling Resistance Band Row: <https://vimeo.com/549852762>
9. Lateral Step Up: <https://vimeo.com/505017305>
10. Step Up: <https://vimeo.com/496129912>
11. Box Jump: <https://vimeo.com/553387509>
12. Squat Jump: <https://vimeo.com/549779882>
13. Countermovement Jump: <https://vimeo.com/549778897>
14. Drop Squat: <https://vimeo.com/549779382>
15. 1-Arm DB Farmer Carry: <https://vimeo.com/549776522>
16. DB Farmer Carry: <https://vimeo.com/549778098>
17. Straight Arm Plank Walk Outs: <https://vimeo.com/549781163>
18. Quadruped Bear Hold: <https://vimeo.com/549780469>

## Workout B

1. 1-Arm DB Bench: <https://vimeo.com/553810942>
2. DB Bench: <https://vimeo.com/517623616>
3. Birddog Row: <https://vimeo.com/553700463>
4. 3-Point Row: <https://vimeo.com/517623260>
5. Straight Arm Pull Down: <https://vimeo.com/538158138>
6. Lat Pull Down: <https://vimeo.com/553802677>
7. Resistance Band Bicep Curl: <https://vimeo.com/549782740>
8. Bent Over Resistance Band Row: <https://vimeo.com/549782119>
9. DB Scarecrow: <https://vimeo.com/538170048>
10. DB Lateral Raise: <https://vimeo.com/549698852>
11. Close Grip Hand Release Push-Up: <https://vimeo.com/549840971>
12. Isometric Split Squat: <https://vimeo.com/496133840>
13. Lunge: <https://vimeo.com/549844604>
14. Half-Kneeling Overhead Offset Get-Up: <https://vimeo.com/553806977>
15. Half-Kneeling Offset Get-Up: <https://vimeo.com/553808738>

## Workout C

1. Reverse Lunge to Landmine Press: <https://vimeo.com/538153167>
2. Landmine Reverse Lunge: <https://vimeo.com/553804717>
3. Med Ball Slam: <https://vimeo.com/549775552>
4. Med Ball Horizontal Jack: <https://vimeo.com/549774344>
5. Drop Squat: <https://vimeo.com/549779382>
6. Cossack Squat: <https://vimeo.com/553916163>
7. Lateral Lunge Step Through: <https://vimeo.com/538170768>
8. DB Floor Press: <https://vimeo.com/549711999>
9. Hand Release Push-Up: <https://vimeo.com/549842181>
10. Standing Low Cable Row: <https://vimeo.com/553799263>
11. Seated Cable Row: <https://vimeo.com/507068724>
12. Resistance Band Deadbug into Reverse Crunch: <https://vimeo.com/553695447>
13. Deadbug: <https://vimeo.com/549846612>
14. Single Leg Bridge Off Bench: <https://vimeo.com/553813341>
15. Single Leg Bridge From Floor: <https://vimeo.com/496233228>
16. Side Plank With Top Leg March: <https://vimeo.com/549848137>
17. Side Plank: <https://vimeo.com/538172791>