

WINDMILL



ONE-ARM MILITARY PRESS



SUMO HIGH PULL



SLINGSHOT



GET-UP PLANK



HALF GET-UP



SIDE PLANK



ONE-ARM SNATCH TARGETS



TWO-HANDED SWING



LUNGE PRESS



FIGURE 8



ONE-ARM FLOOR PRESS



RUSSIAN TWIST



HIGH PULL



FRONT SQUAD



DEAD LIFT



CLEAN

