

Main Exercises

Squat

1. Stand with your feet about shoulder-width apart, toes slightly pointed outward.
2. Engage your core and keep your back straight.
3. Lower your hips by bending your knees and pushing your buttocks back.
4. Ensure your knees track in line with your toes and do not cave inward.
5. Go down until your thighs are at least parallel to the floor.
6. Push through your heels and return to the starting position explosively.

Deadlift

1. Stand with your feet hip-width apart, with the barbell in front of you.
2. Grip the bar shoulder-width apart using an overhand or mixed grip.
3. Keep your back straight, engage your core, and slightly lower your hips.
4. Lift the bar by extending your hips and knees simultaneously.
5. Keep the bar close to your body as you stand upright.
6. Lower the bar in a controlled manner back to the ground.

Clean and Jerk

1. Stand with feet hip-width apart and grip the barbell at shoulder width.
2. Explosively lift the bar from the ground by extending your hips and knees.
3. Pull the bar upwards quickly and catch it in a front squat position.
4. Stabilize yourself, then push the bar explosively overhead.
5. Hold the overhead position briefly before lowering the bar in a controlled manner.

Landmine Press

1. Secure one end of a barbell in a landmine holder or against a corner.
2. Stand shoulder-width apart and grip the free end of the bar with one hand.
3. Engage your core and keep your back stable.
4. Press the bar forward and upward explosively without rotating your torso.
5. Slowly bring the bar back down and repeat.

Bulgarian Split Squats

1. Place one foot on an elevated surface (bench or box) behind you.
2. Position your front foot about 60–90 cm forward, bearing most of your weight.
3. Lower your back knee toward the ground until your front knee forms a 90-degree angle.
4. Push through the heel of the front foot to return to the starting position.
5. Keep your torso upright and your knee aligned with your toes.

Push Press

1. Grip the barbell shoulder-width apart and bring it into the front rack position.
2. Keep your elbows slightly forward, engage your core.
3. Perform a small knee dip and use your legs to help drive the bar explosively overhead.
4. Fully extend your arms and stabilize the bar overhead.
5. Lower the bar back to your shoulders in a controlled manner.

Pallof Press

1. Attach a resistance band or cable at chest height.
2. Stand sideways to the anchor point and hold the band with both hands at your chest.
3. Engage your core and press the band straight forward, resisting rotation.
4. Hold for a moment, then slowly bring your hands back to your chest.
5. Keep your hips and shoulders stable throughout the movement.

Snatch

1. Grip the barbell with a wide grip and stand with feet hip-width apart.
2. Explosively lift the bar off the ground by extending your hips and knees.
3. Pull the bar upwards quickly and drop into a deep overhead squat to catch it.
4. Stabilize the bar overhead and extend your legs to stand up.

Overhead Squat

1. Grip the barbell wide and lift it overhead with arms fully extended.
2. Engage your core and stabilize your shoulders.
3. Lower into a deep squat while keeping the bar stable overhead.
4. Push through your heels and return to the starting position.

Good Mornings

1. Place the barbell on your upper back.
2. Stand with your feet hip-width apart, knees slightly bent.
3. Hinge at the hips and lower your torso forward while keeping your back straight.
4. Stop when your torso is nearly parallel to the ground.
5. Engage your glutes and hamstrings to return to the upright position.

Curtsy Squats

1. Stand with feet shoulder-width apart and engage your core.
2. Step one leg diagonally behind the other.
3. Lower your back knee toward the ground while keeping balance.
4. Push through the heel of your front foot to return to the starting position.
5. Switch sides and repeat.

Cossack Squat

1. Stand with your feet wide apart and keep your torso upright.
2. Shift your weight to one leg and lower into a deep side squat.
3. Keep the other leg straight while maintaining balance.
4. Push back up and shift to the opposite side.

Pull-Ups

1. Grip a pull-up bar with hands shoulder-width apart using an overhand grip.
2. Hang with straight arms and engage your core.
3. Pull your chest towards the bar, keeping your elbows close to your body.
4. Lower yourself back down in a controlled manner.

Rows

1. Hold a barbell or dumbbells shoulder-width apart.
2. Bend your torso slightly forward while keeping your back straight.
3. Pull the weight towards your lower chest, squeezing your shoulder blades together.
4. Lower the weight back down in a controlled manner.

Lunges

1. Stand upright with feet hip-width apart.
2. Step forward with one leg and lower your back knee toward the ground.
3. Push through the front heel to return to the starting position.
4. Alternate legs with each repetition.

Weighted Lunges

1. Hold dumbbells at your sides or place a barbell on your shoulders.
2. Step forward with one leg and lower your back knee toward the ground.
3. Engage your core and push back up to the starting position.
4. Alternate legs with each repetition.

Additional Exercises

Plank with Shoulder Touch

1. Get into a plank position with straight arms, hands directly under the shoulders.
2. Engage your core and keep your body in a straight line.
3. Lift one hand and tap the opposite shoulder in a controlled manner, avoiding hip rotation.
4. Place the hand back down and switch sides.

Plank with Cross-Body Weight Pull

1. Get into a stable plank position with straight arms.
2. Place a weight or kettlebell underneath your chest.
3. Reach with the opposite hand and pull the weight slowly to the other side.
4. Keep your hips and shoulders as stable as possible.
5. Switch hands and repeat the movement.

Mountain Climbers

1. Start in a plank position with straight arms.
2. Drive your knees explosively toward your chest one at a time.
3. Keep your core tight and avoid lifting your hips too high.
4. Maintain a fast but controlled pace.

Russian Twist

1. Sit on the floor, lean your upper body slightly back, and lift your feet off the ground.
2. Hold a weight or medicine ball with both hands in front of your chest.
3. Rotate your torso in a controlled motion from one side to the other.
4. Ensure the twist comes from your core, not just your arms.

Weighted Planks

1. Get into a classic plank position on your forearms or with straight arms.
2. Place a weight plate or weighted vest on your upper back.
3. Hold the position for a set time while maintaining a stable posture.

Farmer's Walk

1. Grab two heavy kettlebells or dumbbells and hold them at your sides.
2. Engage your core, keep your back straight, and walk forward with controlled steps.
3. Avoid tilting to the side or arching your lower back.
4. Walk a set distance or for a designated time.

Windshield Wipers

1. Lie on your back and extend your legs upward.
2. Keep your arms on the floor for stability.
3. Slowly lower your straight legs to one side, then control the movement back to the center and to the other side.
4. Engage your core and avoid using momentum.

Scissor Kicks

1. Lie on your back, hands by your sides or under your lower back.
2. Lift both legs slightly off the ground.
3. Perform a scissor-like motion by alternating up and down movements with your legs.
4. Keep your core tight and avoid arching your lower back.

Kettlebell Swings

1. Stand with feet shoulder-width apart and hold a kettlebell with both hands.
2. Slightly bend your knees, push your hips back, and swing the kettlebell between your legs.
3. Explosively extend your hips to swing the kettlebell up to shoulder height.
4. Let the kettlebell return downward in a controlled motion and repeat.

Burpees

1. Start in a standing position.
2. Squat down and place your hands on the ground.
3. Jump your feet back into a plank position.
4. (Optional) Perform a push-up.
5. Jump your feet back forward and explode into a jump at the top.

Box Jumps

1. Stand shoulder-width apart in front of a box or platform.
2. Swing your arms back, bend your knees, and jump explosively onto the box.
3. Land softly with slightly bent knees and stand up fully.
4. Step or jump back down carefully.

Push-Ups

1. Get into a plank position with hands shoulder-width apart.
2. Lower your chest towards the ground by bending your elbows.
3. Keep your body in a straight line and go as low as possible.
4. Push back up explosively.

Wall Sit

1. Lean your back flat against a wall.
2. Slide down until your knees are at a 90-degree angle.
3. Hold the position as long as possible while keeping your core engaged.

Plank-to-Downward-Dog

1. Start in a plank position with straight arms.
2. Push your hips up into an inverted V-position.
3. Hold for a moment, then lower back down into the plank.

Bird Dog

1. Get into a quadruped position, hands under shoulders, knees under hips.
2. Extend your right arm and left leg simultaneously.
3. Hold briefly, then bring them back to the starting position.
4. Switch sides and repeat.

Glute Bridge

1. Lie on your back, feet hip-width apart on the floor.
2. Press through your heels and lift your hips until your body forms a straight line.
3. Squeeze your glutes at the top, then slowly lower down.

Side-Lying Thoracic Rotation

1. Lie on your side with knees slightly bent.
2. Extend your top arm forward, then slowly open it towards the opposite side.
3. Rotate your torso while keeping your lower body stable.
4. Return to the starting position.

Medicine Ball Throws

1. Hold a medicine ball at chest height.
2. Explosively throw it against a wall or to a partner.
3. Catch it and repeat.

Scapular Push-Ups

1. Get into a plank position with straight arms.
2. Without bending your elbows, retract your shoulder blades to lower your chest slightly.
3. Push your shoulder blades apart to return to the starting position.

Jump Squats

1. Stand with feet shoulder-width apart and lower into a squat.
2. Explode upwards into a jump.
3. Land softly and go straight into the next rep.