

Bench Press



Single Arm Row



Bulgarian Squat



Dumbbell Straight Leg Deadlift



Med Ball Crunches



Leg Raises



Press ups



Cable Row



Dumbbell Squat



Dumbbell Curl



Front Plank



Dumbbell Bench Press



Cable Twist



Dumbbell Clean



Bar Curl



Side Plank



Dumbbell 1 arm shoulder press



Barbell Squat



Hanging Cleans



Dumbbell Snatch



Crunches



Seated Shoulder Press



Single leg squat



Deadlift



Lying barbell Extensions



Dumbbell Lunge

