

Tiger Football Day 1 Lifts

Lifts

Back Squat: <https://www.youtube.com/watch?v=RpBf5ZRdvWE>

Box Jumps: <https://www.youtube.com/watch?v=cBpfRfJKPLc>

Hang Clean: <https://www.youtube.com/watch?v=WCdhjfg7fv4>

DB Incline Press: <https://www.youtube.com/watch?v=qSmo-8QapTg>

DB Shoulder Press: <https://www.youtube.com/watch?v=B aVuyhvLHU>

DB Bicep Curls: <https://www.youtube.com/watch?v=av7-8igSXTs>

DB Hammer Curls: <https://www.youtube.com/watch?v=VXj0Zx4v5go>

Core

Plank: <https://www.howcast.com/videos/498042-how-to-do-a-plank-to-get-great-abs-female-bodybuilding>

Med Ball Russian Twist:

<https://www.howcast.com/videos/498055-how-to-do-a-russian-twist-female-bodybuilding>

Ab wheel roller: <https://www.youtube.com/watch?v=VmqDIL2xzbk>

Optional

Farmer walks: https://www.youtube.com/watch?v=Fkzk_RqIYig

DB Front Raises: <https://www.youtube.com/watch?v=D 3JnFrFUOw>

Tricep Extensions: <https://www.youtube.com/watch?v=nRiJVZDpdL0>