

Tiger Football Day 2 Lifts

Lifts

Bench Press: <https://www.howcast.com/videos/492260-how-to-bench-press-correctly-bodybuilding>

Bent-Over Row: <https://www.youtube.com/watch?v=-xIBxIMqh3A>

Shoulder Shrugs: <https://www.youtube.com/watch?v=NAqCVe2mwzM>

Wide Grip Bench Press: <https://www.youtube.com/watch?v=jHoTF0kpkhQ>

Seated Row: https://www.youtube.com/watch?v=-nAIXg8_gsg

Push-ups: <https://www.howcast.com/videos/501891-how-to-do-a-basic-push-up-chest-workout>

Narrow Grip Bicep Curl: <https://www.youtube.com/watch?v=vSupPQiBkeY>

Core

Bicycle: <https://www.howcast.com/videos/500993-how-to-do-a-bicycle-kick-ab-workout>

Sit-ups: <https://www.howcast.com/videos/503983-how-to-do-a-sit-up-properly-gym-workout>

Leg Scissors: <https://www.youtube.com/watch?v=WoNCIBVLbgY>

Optional

DB Tricep Kickbacks: <https://www.youtube.com/watch?v=6SS6K3IAwZ8>

DB Shoulder Circuit: <https://www.youtube.com/watch?v=ZlcSQOLDQQk>

Battle Ropes: <https://www.youtube.com/watch?v=CmtAe3K-M8A>