

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>

DB Chest Flys: <https://www.howcast.com/videos/501907-how-to-do-a-flat-dumbbell-fly-chest-workout>

Skull Crushers: <https://www.youtube.com/watch?v=1cHKC6BekiU>

Seated Row: https://www.youtube.com/watch?v=-nAlXg8_gsg

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

Calf Raises: <https://www.youtube.com/watch?v=MP1u-L5Sj8g>

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

1 Arm Bent Over Row: <https://www.youtube.com/watch?v=jJxtlZdW3jA>

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

Tricep Pushdown: <https://www.youtube.com/watch?v=8WL0m0vLAPo>