

Tiger Football Day 3 Lifts

Lifts

Power Clean: <https://www.youtube.com/watch?v=H12B8x2pMqo>

Dead Lift: <https://www.youtube.com/watch?v=vRKDvt695pg>

Lat Pulldown: <https://www.howcast.com/videos/503085-how-to-do-a-lat-pulldown-back-workout>

Pull-ups: <https://www.youtube.com/watch?v=lr8lrbYcM8w>

Front Squat: <https://www.youtube.com/watch?v=m4ytaCJZpl0>

Step-ups: <https://www.youtube.com/watch?v=dG75KOf4EtY>

Tricep Cable Pushdown:

<https://www.youtube.com/watch?v=2-LAMcpzODU>

DB Bench Press: <https://www.youtube.com/watch?v=676GkswmHRY>

Core

Bosu Ball Crunches: <https://www.youtube.com/watch?v=VlsbpdSKbJU>

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

Superman: <https://www.youtube.com/watch?v=z6PJMT2y8GQ>

Optional

Reverse Curls: <https://www.youtube.com/watch?v=nRgxYX2Ve9w>

1 arm DB BOR: <https://www.youtube.com/watch?v=pYcpY20QaE8>

DB Lateral Raise: <https://www.youtube.com/watch?v=3VcKaXpzqRo>