

# Exercise 06 Dead Lift

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Stiff - Legged Dead Lifts	1 - 2	8 - 10 Mild - Heavy	Working Set, Strict Form / Controlled

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Stiff - Legged Dead Lifts	3	Mild - Heavy	Full on Set Till Failure