1. Bent over row

• Assume a standing position while holding a dumbbell in each hand with a neutral grip.

• Hinge forward until your torso is roughly parallel with the floor (or slightly above) and then begin the movement by driving the elbows behind the body while retracting the shoulder blades.

• Pull the dumbbells towards your body until the elbows are at (or just past) the midline and then slowly lower the dumbbells back to the starting position under control.

1. Deadlift

• Hold a pair of dumbbells in front of you with an overhand grip, palms facing the body.

• Hinge forward at your hips, slightly bending the knees, lowering the dumbbells to the ground without allowing your back to round. Brace core and lift back to the starting position.

1. Romanian deadlift

•Hold dumbbells in front of your thighs, push your hips back, and lower for 5 seconds.

•When they're below your knees, thrust your hips forward and return to the starting position.

1. Kneeling one arm row

1)Stand to the right of your weight bench, holding a dumbbell in your right hand with your palm facing in.

2)Place your left knee and your left hand on top of the bench for support. Let your right arm hang down and a bit forward.

3)Pull your abdominals in and bend forward from the hips so that your back is naturally arched and roughly parallel to the floor, and your right knee is slightly bent.

4)Pull your right arm up until your elbow is pointing to the ceiling, your upper arm is parallel to the floor, and your hand comes to the outside of the ribcage.

5)Lower the weight slowly back down.

1. Stiff legged deadlift

•Stand with your feet shoulder-width apart holding a barbell in an overhand grip (palms facing you).

•Your knees should be slightly bent and the aim is to maintain this slight degree of flex throughout the movement.

•Bend at your hips and lower the barbell, keeping your back straight. Lower until you feel the stretch in your hamstrings and glutes, and then slowly straighten back up.

• Keep the bar close to your body throughout and avoid jerky movements – keep it slow and controlled.

* 6) wide row
* Grab one dumbbell with each hand and flex your knees and hips to bring yourself to a squatting position.
* Lift both dumbbells straight up without altering the angles at your knees and hips and lower them back after a short pause.
* Breathe out when lifting the dumbbells and breathe in when returning to starting position.