1. Barbell Deadlift

1) Stand with your mid-foot under the barbell\n\n

2) Bend over and grab the bar with a shoulder-width grip\n\n

3)Bend your knees until your shins touch the bar\n\n

4)Lift your chest up and straighten your lower back\n\n

5)Take a big breath, hold it, and stand up with the weight\n\n

2) Barbell row

1) Stand with your mid-foot under the bar \n\n

2)Bend over and grab the bar \n\n

3)Unlock your knees while keeping your hips high\n\n

4)Lift your chest and straighten your back\n\n

5) Pull the bar against your lower chest\n\n

3) Good Morning

* Place the bar on your back in the same position you use for squats.
* Stand with your feet slightly wider than shoulder-width apart with toes pointed slightly out.
* Squeeze you upper back and set a good arch in you lower back (just like you are getting ready to squat).
* Keep your knees slightly bent as you push your butt back (don’t do good mornings with straight legs).
* Hinge at your hips and lean forward, pushing your butt back and maintaining your back arch.
* Continue bending forward until your torso is almost parallel to the floor. Reverse the motion by contracting your glutes, hamstrings and lower back.