1) Barbell deadlift

 Stand with your mid-foot under the barbell

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

 Bend your knees until your shins touch the bar\n

 Lift your chest up and straighten your lower back\n

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

2) Barbell squats

 Stand with the bar on your upper-back, and your feet shoulder-width apart\n

 Squat down by pushing your knees to the side while moving hips back\n

 *Break parallel* by Squatting down until your hips are lower than your knees\n

 Squat back up while keeping your knees out and chest up\n

 Stand with your hips and knees locked at the top\n

3) Barbell lunges

1)Stand tall and hold a barbell across your upper back.

2) Take a large step forward with one leg, lowering your rear knee towards the floor while keeping your front shin as vertical as possible.

3)Push yourself back to the starting position.