

FreeMotion Lift Exercises

Standing Two Arm Deadlift

TRADITIONAL



Standing Alternating Arms Squat to Row

PROGRESSIONS



Standing One Arm Squat to Row



Seated Stability Ball Two Arm Row



Seated Stability Ball Alternating Arms Row



FreeMotion Lift Exercises

Seated Stability Ball One Arm Row



Seated Stability Ball One Arm Row with Rotation



Standing Two Arm Biceps Curl



Standing One Arm Rear Delt



Standing Two Arm Shoulder Press



FreeMotion Lift Exercises

Standing Two Arm Squat



Standing Two Arm Squat to Row



Standing Two Arm Romanian Deadlift



Standing Two Arm Romanian Deadlift to Shrug to Calf Raise



Single Leg One Arm Romanian Deadlift



FreeMotion Lift Exercises

Single Leg One Arm Squat Touchdown



Single Leg Two Arm Squat and Stabilize

