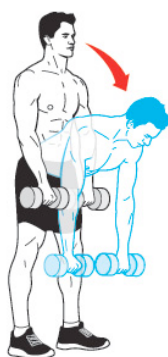
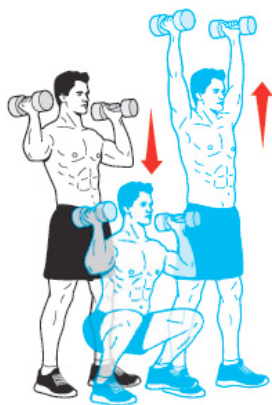


Thrusters

Stand with your feet shoulder-width apart, holding a pair of dumbbells next to your shoulders. Squat so your thighs are parallel to the floor. As you stand up, press the dumbbells up. Then lower them back down to your shoulders.

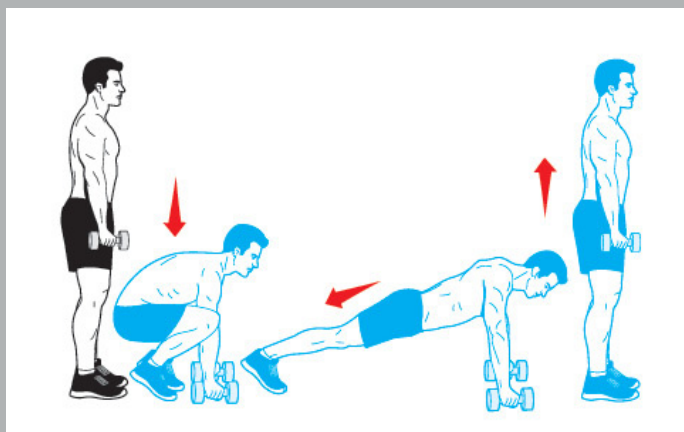


Straight-Leg Deadlift

Using an overhand grip, hold the dumbbells in front of your thighs. Stand with your feet hip-width apart and knees slightly bent. Bend at your hips to lower your torso until it's almost parallel to the floor. Pause, and raise back up.

Squat Thrust

Stand holding a pair of dumbbells at your sides. Squat and kick your legs backward into a pushup position. Then quickly return your legs to squat, stand up, and jump.



Bent-Over Row

Holding a pair of dumbbells, bend at your hips and knees and lower your torso until it's almost parallel to the floor. Bend your elbows and pull the dumbbells to the sides of your torso. Pause, and then slowly lower them.

