



## FULL BODY UNILATERAL STRENGTH

Complete each exercise on both left and right sides

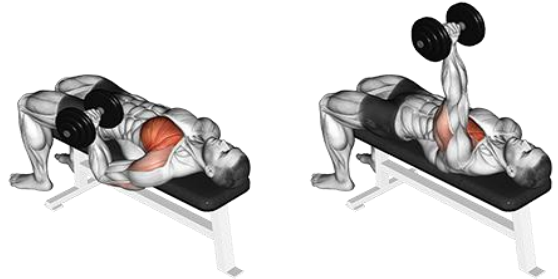
Complete 3 sets per exercise

Rest 1 min. between sets

1) Bulgarian Split Squat x 8



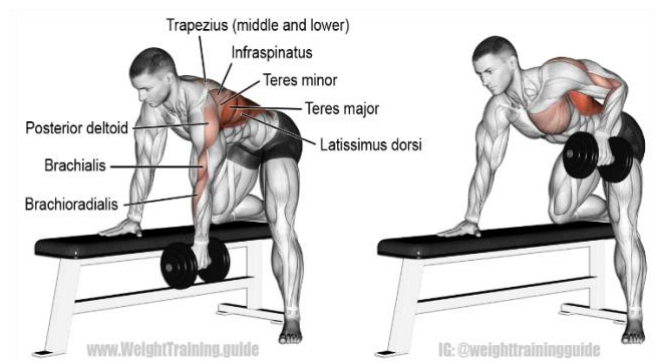
2) One Arm Chest Press x 10



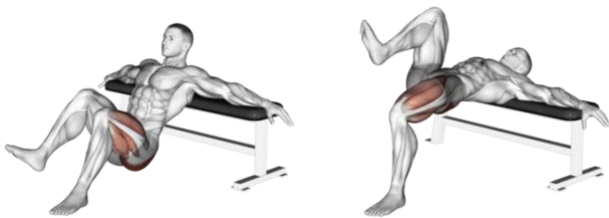
3) Single Leg Romanian Deadlift x 10



4) DB Row x 10



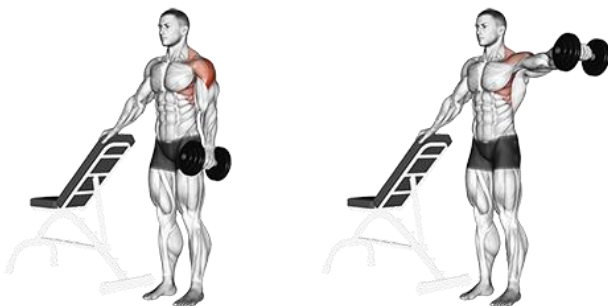
5) Single Leg Hip Thrust x 12



6) Single Arm Bent Over Flye x 10



7) Single Arm Lateral Raise x 10



8) Narrow Shoulder Press x 10



9) Dead Bugs x 12



10) Side plank lifts x 10

