

**COACH JAKE'S TOP 10
HALL OF FAME EXERCISES**

1- PUSH-UPS

6- MCGILL PRESS

2- TRAP BAR DEADLIFTS

7- PENDLAY ROWS

3- BARBELL HIP THRUSTS

8- WALKING LUNGES

4- DEAD BUGS

9- THRUSTERS

5- RFE SPLIT SQUATS

10- SL DEADLIFTS

****Click On The Exercise Title To
Watch A Video Demonstration****