

**ROMANIAN
DEADLIFT**

Sets : 3

Reps: 8-10

If you do only one exercise, let it be the Romanian deadlift. The most basic human act you can do is picking something up from the ground, and the RDL prepares you for that. To bend down safely to pick anything up, you need to do something called a hip hinge, pushing your butt backwards. The RDL teaches you to do this, and in doing so, it strengthens your lower back, hamstrings and glutes. Take your time on each rep and don't rush; as you lower with control you're building eccentric hamstring strength. Start with 3 sets of 8-10 reps, and don't be afraid to train this move heavy.

**INCLINE
DUMBBELL
ROW**

Sets : 3

Reps: 8-10

Strengthening your back muscles is critical to your posture. It also protects your shoulders in the long-term. From sitting to playing on our phones to driving, our back muscles very often wind up weak, or overly relaxed. Row movements teach your midback muscles to contract, and the incline row is the best way to start rowing. You'll be able to go heavy on this row while never stressing your lower back or spine. That makes this another great chance to move heavy weight. Do 3 sets of 8-10 reps.

**SINGLE-ARM
HALF-KNEELING
PRESS**

Sets : 3

Reps: 10-12

A strong core and strong shoulders set the stage for you to do everything from bench presses to powerful squats, and they let you get more out of moves like biceps curls, too. You can train both areas with the half-kneeling overhead press. To do it, set up in a half-kneeling stance, right knee on the ground. Hold a dumbbell at your shoulder in your left hand. Tighten your abs and squeeze your shoulder blades. Then, without arching your back, drive the dumbbell overhead; lower back to your shoulder. Do 3 sets of 10-12 reps per side.

**REVERSE
LUNGE**

Sets : 3

Reps: 8-10

Life very often happens from a staggered stance, one foot in front of the other. That's something you can't train with squats or deadlifts, so spend a bit of time in the offset position instead. As a bonus, the reverse lunge also lets you squeeze your glutes as you stand, and glute strength is something that protects your lower back. Start with 3 sets of 8-10 reps per side, and it doesn't matter where you hold the dumbbell. Holding it at your sides will be easiest; holding it at your shoulders or overhead will add difficulty.