

STAGGERED-STANCE ROMANIAN DEADLIFT

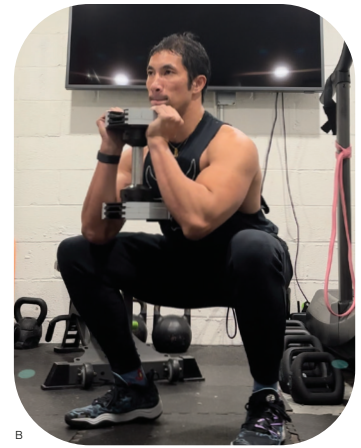


The classic hinge exercise should always be the backbone of your training.

Here, you'll get that hinge from an athletic position, building muscle and readying yourself for everything from pickup basketball to deadlift personal record attempts.

Do 3 sets of 8 to 10 reps per side.

PAUSED GOBLET SQUAT



Whether you want to dunk a basketball or simply beef up your quads this year, the squat is a key lift you'll need to know.

The goblet version will stealthily build ab strength too, setting you up for success in every exercise you do.

Do 3 sets of 8 to 10 reps.

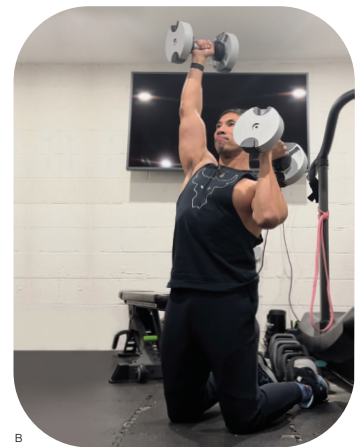
BENT-OVER SEESAW ROW



This athletic row variation will build the midback strength you need to prevent shoulder issues and the lower back strength to avoid back pain, while also teaching your torso to powerfully twist and turn.

Aim for 3 sets of 10 total reps.

ALTERNATING TALL KNEELING OVERHEAD PRESS



Finish things off by challenging your shoulders and triceps with this overhead press variation that also trains your abs.

The strength you build here will power your pushups and bench press PRs down the road.

Do 3 sets of 8 to 10 reps.