

## What is a Goblet Squat?

A goblet squat is a squat variation where you hold a weight (usually a kettlebell or dumbbell) close to your chest while performing the squat. This front-loaded position helps maintain an upright torso and encourages proper squat mechanics, making it an excellent exercise for beginners and experienced lifters alike.



## What is a Reverse Lunge?

Reverse lunges are a lower body exercise where you step backward instead of forward, targeting the glutes, hamstrings, quads, and calves. This movement involves stepping back with one leg while bending both knees, like a forward lunge but with less strain on the knees. Reverse lunges are effective for building strength, improving mobility, and toning the legs. They can be performed with minimal equipment and are suitable for various fitness levels.



### **What is a Romanian Deadlift?**

The Romanian deadlift (RDL) is a variation of the deadlift primarily used in hypertrophy training to build muscle in the hips and hamstrings. It involves lowering a barbell or weights while keeping the legs straight, focusing on the hip hinge movement rather than bending the knees significantly. This exercise is popular among bodybuilders, athletes, and powerlifters for its effectiveness in targeting the posterior chain, which includes the hamstrings, glutes, and lower back.



### **What is a dumbbell Shoulder Press?**

The dumbbell shoulder press is a strength training exercise where you press two dumbbells overhead from shoulder height. This movement can be performed standing or seated, and it is a staple in many workout routines due to its effectiveness in building shoulder strength and size.



### **What is a Bent-Over-Row?**

Bent-over rows are a compound exercise primarily used to strengthen the upper back, biceps, and core muscles. This exercise involves bending at the hips while keeping the back straight and pulling a barbell or dumbbells towards the torso, effectively engaging the entire posterior chain, including the hips and upper back. It is a staple in strength training and bodybuilding routines, known for its effectiveness in building muscle and improving overall strength.



### **What is a Wrist Curl/Extension?**

A Wrist Curl/Extension is an exercise that primarily targets the forearm flexor muscles. It involves curling a weight using your wrists, which helps improve grip strength and forearm strength.



## **What is a Plank?**

A plank is an isometric exercise that involves holding your body in a straight line, like a plank of wood. It primarily targets the core muscles, including the abdominals and back, helping to build strength and stability. To perform a plank, you typically rest on your forearms and toes, maintaining a straight body position. This exercise is beneficial for improving overall core strength and can be included in various workout routines.



## **What is a Russian Twist with weights?**

A Russian Twist with weights is an exercise that targets the core muscles, particularly the obliques and rectus abdominis.



## **What is a Bird Dog Exercise?**

The bird dog is a bodyweight exercise that strengthens your core—specifically your abdominals, lower back, butt, and thighs. Since it requires no equipment other than a mat, the bird dog exercise can be integrated easily into almost any core strength-training routine.

