
Squat to Row

- Set the cable column up either using the long bar, short bar or single arm attachments, this should be positioned in the slowest setting
- Take hold of the handle and take a few steps back
- Start with a slight bend at the knees, core engaged, looking straight head, spinal alignment and hands pulled in, by your side belly button height
- Squat down, pushing the hips back, slight lean forwards and extend the arms out in front
- Extend the knees and hips to stand, pulling the bar/handles into towards the stomach



Farmers Walk

- Deadlift the weight to a standing position with the weights out to the side
- You can have a weight in each hand or just in one, this will place more work on the core
- Walk around for the desired distance/time
- Maintain an upright posture, shoulders and hip alignment should be maintained throughout

