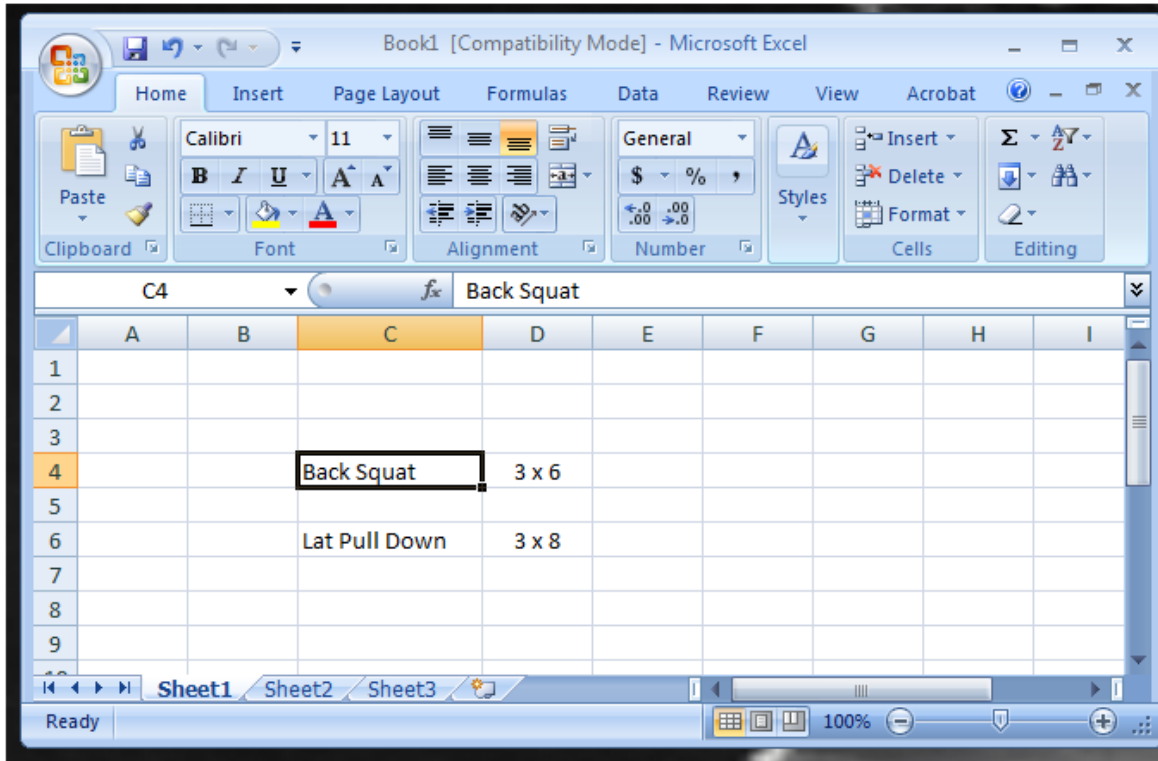
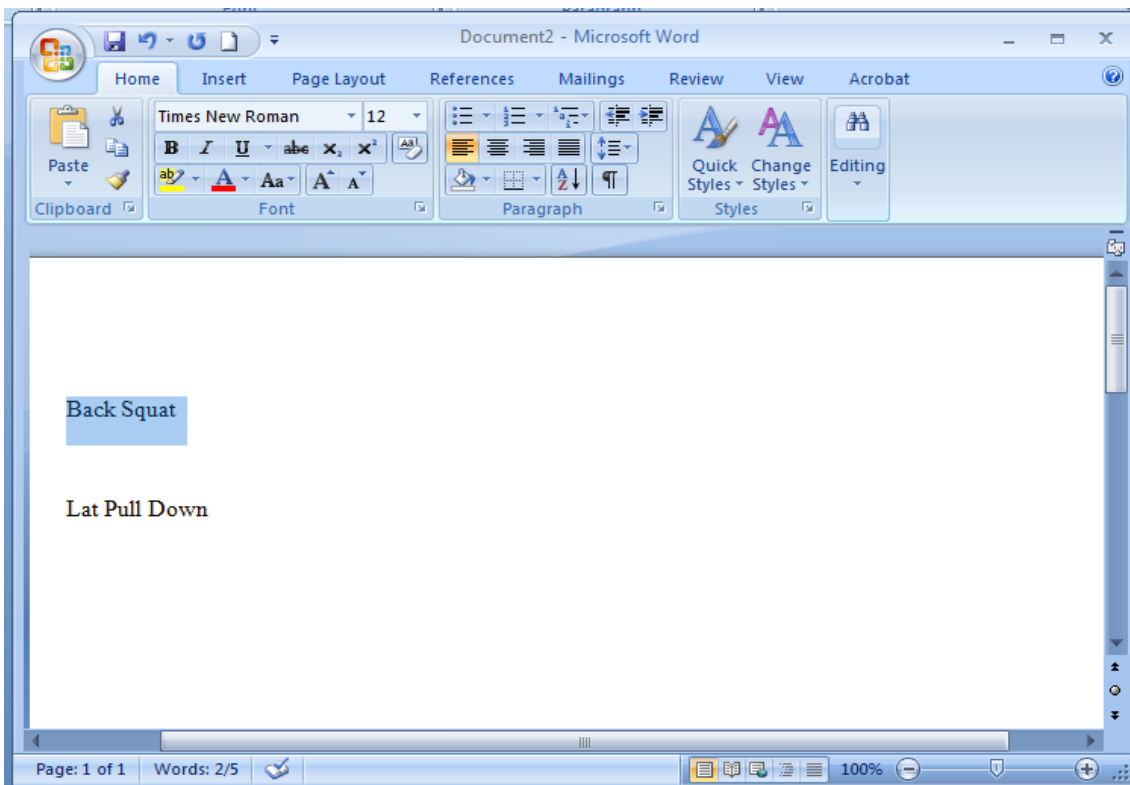


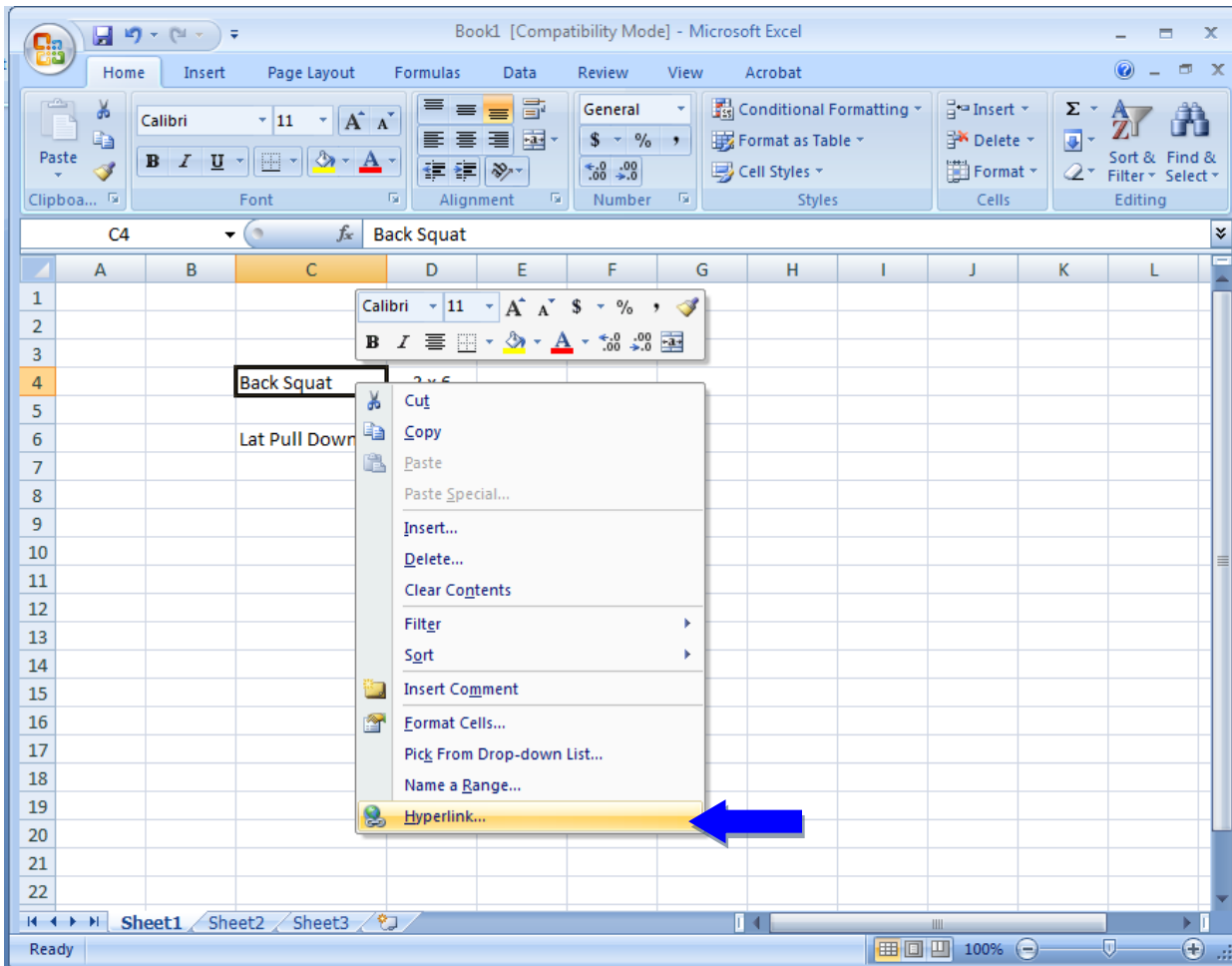
## Step 1 : Hyperlinking in Word or Excel



First you must select the words you would like to hyperlink. In Excel can select just the box, in Word you must highlight the actual words (See below).

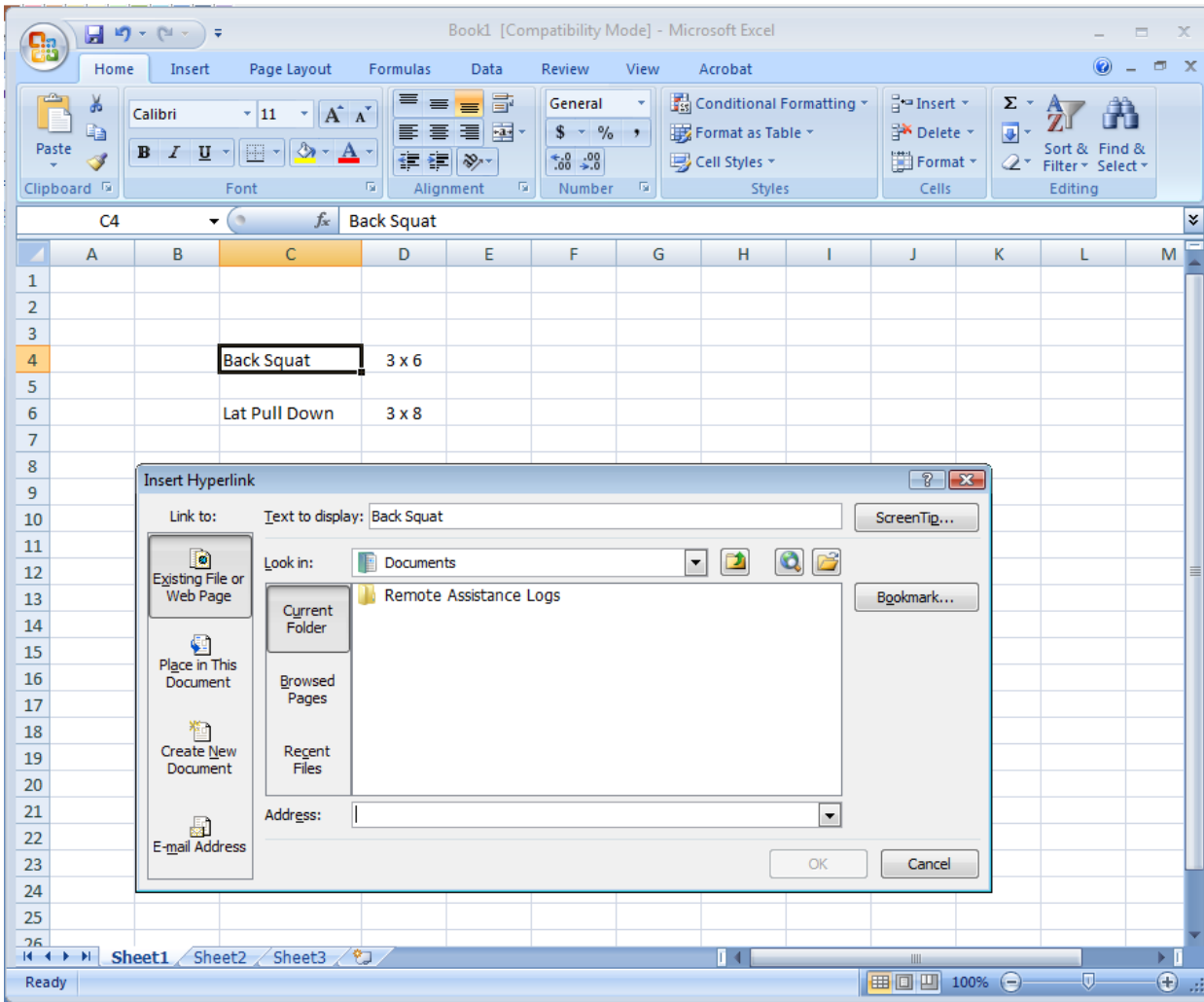


## Step 2



Next, right click your mouse and look for the word Hyperlink. Click on this.

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)



A box titled Insert Hyperlink will appear. In the text to display box the words you selected should be shown. Use this address in the Address box:

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=)

**Paste this Address**



[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=)

**then Type Exercise Name at  
end of address**



**Back Squat**

Before clicking OK go to the next step...

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)



### Option one

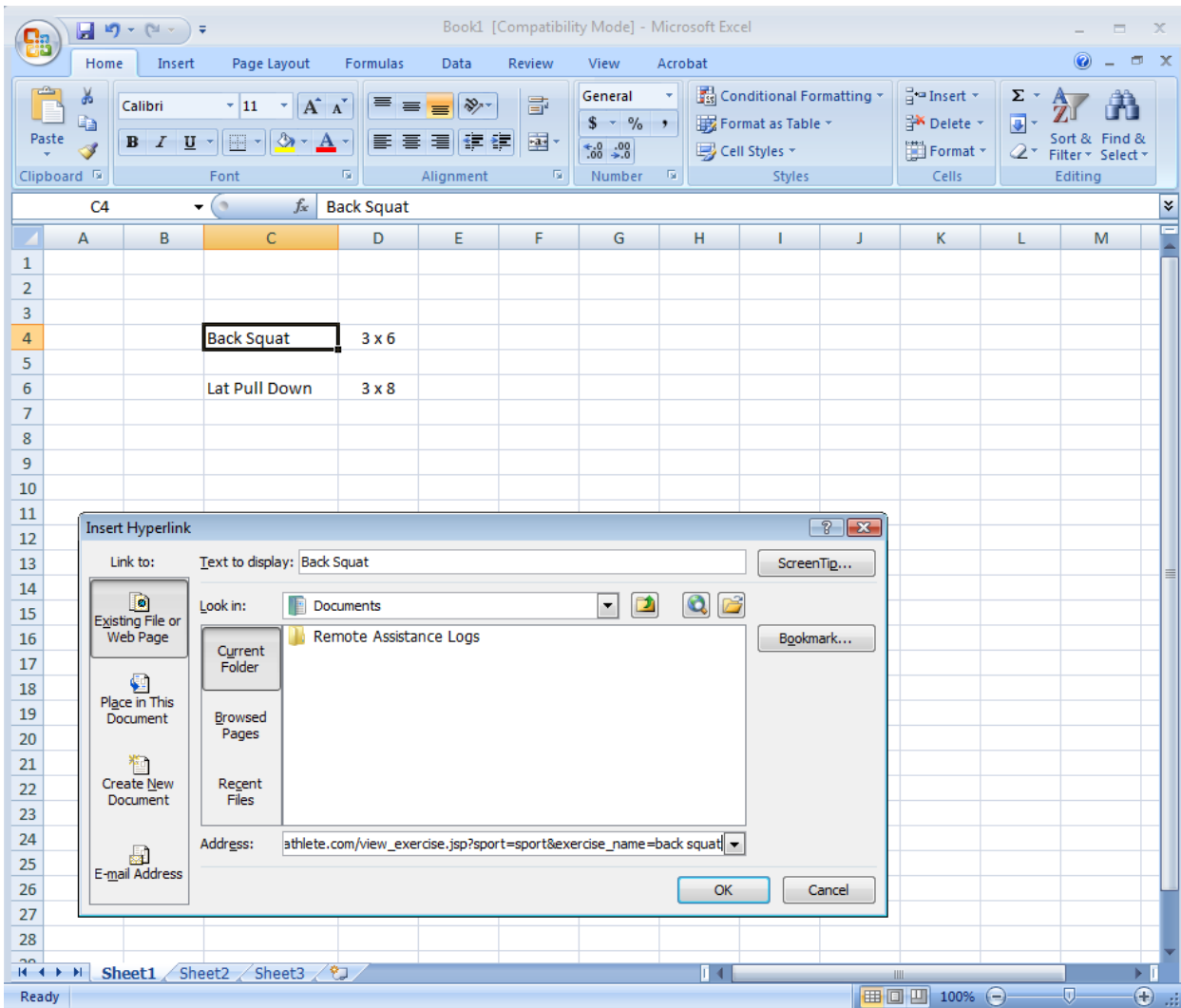
Go to [www.xlathlete.com](http://www.xlathlete.com) to find the exercise you would like to play. At the end of the address you entered in Excel or Word enter the name of the exercise exactly how it reads on the website. Remember, you don't have to name your exercises the same name it has on [www.xlathlete.com](http://www.xlathlete.com) just as long as the end of the hyperlink address is the same as the website name. I.E. Although they are named back squats on the website you can simply name them squats if you so choose.

Trouble shooting: If just adding the name of the exercise to the hyperlink isn't working try putting a %20 between the words when you add it to the end of the hyperlink. I.E. ...name=back%20squat

### Option Two

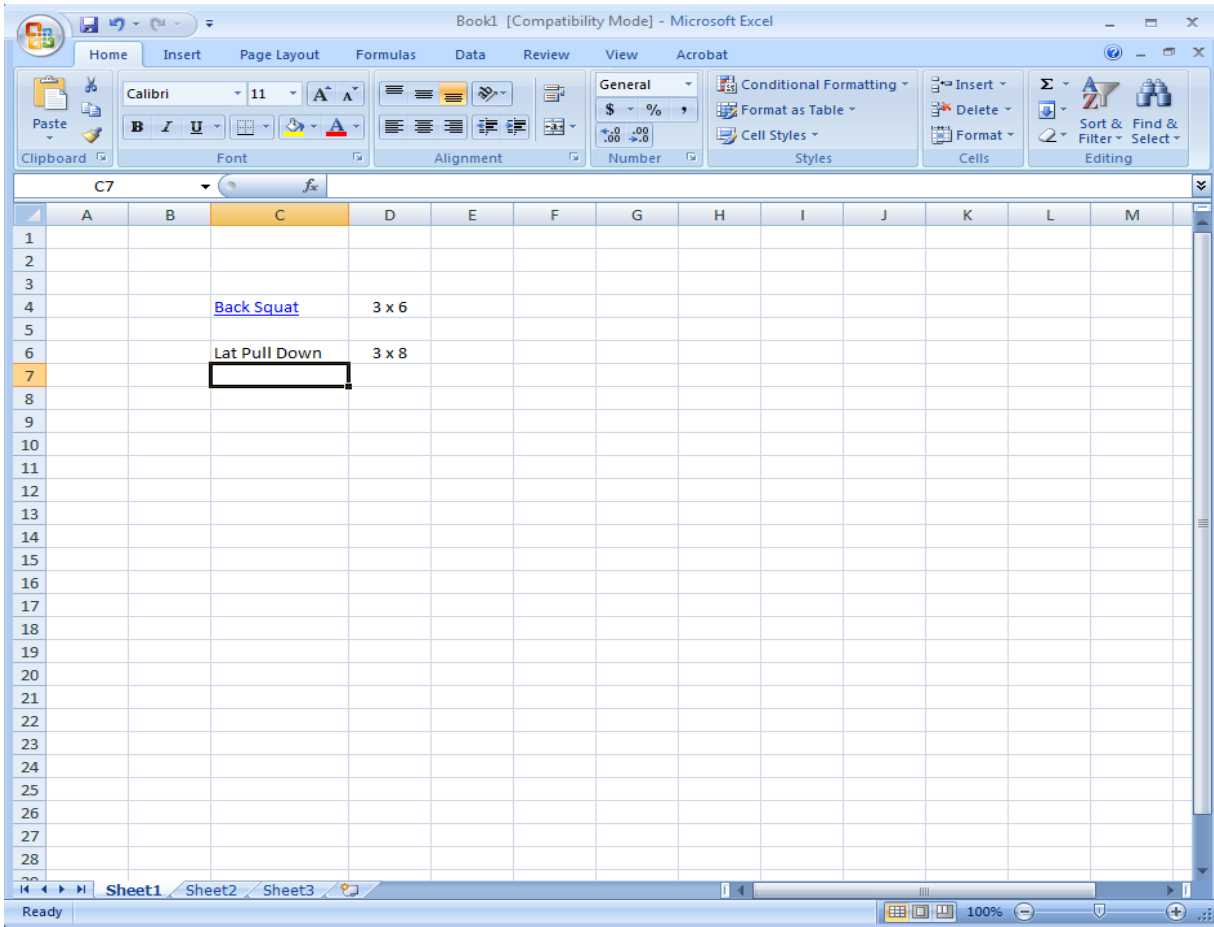
Find the exercise you want at the bottom of the page and copy the link below it and paste it in the address window.

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)



Finally, click OK after you have entered the exercise and the link.

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)



Your exercise should be underlined and highlighted blue. This means the words now lead to a web page. Remember to double check your work.

Side notes – You can sort exercise on excel athlete by categories and the list of exercise below is not comprehensive.

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

### 1 and Quarter Dips

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=1%20and%20quarter%20dips](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=1%20and%20quarter%20dips)

### 1 Leg RDL With Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=1%20leg%20rdl%20with%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=1%20leg%20rdl%20with%20press)

### 180 Box Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=180%20box%20jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=180%20box%20jump)

### 2 Way Band Kicks

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=2%20Way%20Band%20Kicks](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=2%20Way%20Band%20Kicks)

### 2 Way Wrist Curls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=2%20way%20wrist%20curls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=2%20way%20wrist%20curls)

### 3 Way Front Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=3%20Way%20Front%20Lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=3%20Way%20Front%20Lunge)

### 3 Way Hamstring Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=3%20Way%20Hamstring%20Press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=3%20Way%20Hamstring%20Press)

### 3 Way HamString Touch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=3%20Way%20Hamstring%20Touch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=3%20Way%20Hamstring%20Touch)

### 3 Way HamString Touch Med Ball

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=3%20Way%20Hamstring%20Touch%20Med%20Ball](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=3%20Way%20Hamstring%20Touch%20Med%20Ball)

### 3 Way Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=3%20Way%20Lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=3%20Way%20Lunge)

### 4 Way Ankle Kicks

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=4%20Way%20Ankle%20Kicks](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=4%20Way%20Ankle%20Kicks)

### 90 90 Glute Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=90%2090%20Glute%20Isometric%20Hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=90%2090%20Glute%20Isometric%20Hold)

How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

90 90 Groin Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=90%2090%20Groin%20Isometric%20Hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=90%2090%20Groin%20Isometric%20Hold)

Abductor Stretch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Abductor%20Stretch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Abductor%20Stretch)

Accelerated Box Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=accelerated%20box%20jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=accelerated%20box%20jump)

Alternate leg Bounding

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Alternate%20leg%20Bounding](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Alternate%20leg%20Bounding)

Alternate Scissor Hops

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Alternating%20Scissor%20Hops](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Alternating%20Scissor%20Hops)

Alternating Arnold Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=alternating%20arnold%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=alternating%20arnold%20press)

Alternating Dumbbell Curl

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=alternating%20dumbbell%20curl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=alternating%20dumbbell%20curl)

Alternating Dumbbell Curl To Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=alternating%20dumbbell%20curl%20to%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=alternating%20dumbbell%20curl%20to%20press)

Alternating Dumbbell Shoulder Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=alternating%20dumbbell%20shoulder%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=alternating%20dumbbell%20shoulder%20press)

Alternating Incline Power Step Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=alternating%20incline%20power%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=alternating%20incline%20power%20step%20up)

Alternating Med Ball Push Ups

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Alternating%20med%20ball%20push%20ups](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Alternating%20med%20ball%20push%20ups)



## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

### Alternating Overhead Lateral Raise

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=alternating%20Overhead%20lateral%20raise](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=alternating%20Overhead%20lateral%20raise)

### Alternating Push Up Bridge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=alternating%20push%20up%20bridge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=alternating%20push%20up%20bridge)

### Alternating Single Arm Dumbbell Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Alternating%20single%20arm%20dumbbell%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Alternating%20single%20arm%20dumbbell%20row)

### Alternating Split Lunge Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=alternating%20split%20lunge%20jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=alternating%20split%20lunge%20jump)

### Alternating Superman

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=alternating%20superman](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=alternating%20superman)

### Alternating V Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=alternating%20v%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=alternating%20v%20up)

### Alternating V Up Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=alternating%20v%20up%20isometric%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=alternating%20v%20up%20isometric%20hold)

### Ankle Band Work

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Ankle%20Band%20Work](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Ankle%20Band%20Work)

### Anterior Tibialis Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Anterior%20Tibialis%20Band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Anterior%20Tibialis%20Band)

### Arm Swing Weight Drops

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Arm%20Swing%20Weight%20Drops](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Arm%20Swing%20Weight%20Drops)

### Arnold Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=arnold%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=arnold%20press)

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

### Assisted Nordic Hamstring Curls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Assisted%20Nordic%20Hamstring%20Curls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Assisted%20Nordic%20Hamstring%20Curls)

### Baby Skips to High Knee Skips

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Baby%20Skips%20to%20High%20Knee%20Skips](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Baby%20Skips%20to%20High%20Knee%20Skips)

### Back Drop Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20Drop%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20Drop%20squat)

### Back Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20extension)

### Back Extension Dumbbell Alternating Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20extension%20dumbbell%20alternating%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20extension%20dumbbell%20alternating%20row)

### Back Extension dumbbell Twisting Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20extension%20dumbbell%20twisting%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20extension%20dumbbell%20twisting%20row)

### Back Extension Glute Ham Hyper

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20extension%20glute%20ham%20hyper](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20extension%20glute%20ham%20hyper)

### Back Extension with Straight Arms

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20extension%20w%20straight%20arms](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20extension%20w%20straight%20arms)

### Back Extension with T Pattern

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20extension%20w%20t%20pattern](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20extension%20w%20t%20pattern)

### Back Extension with Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20extension%20with%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20extension%20with%20twist)

### Back Extension With Weight

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20extension%20with%20weight](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20extension%20with%20weight)

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

### Back Extension With X Pattern

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20extension%20with%20x%20pattern](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20extension%20with%20x%20pattern)

### Back Goalie Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20goalie%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20goalie%20squat)

### Back Power STEP Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20power%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20power%20step%20up)

### Back Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20squat)

### Back Squat with Bands

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20squat%20with%20bands](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20squat%20with%20bands)

### Back Squat With Chains

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20squat%20with%20chains](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20squat%20with%20chains)

### Back Squat with Pause

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20squat%20with%20Pause](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20squat%20with%20Pause)

### Back STEP up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=back%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20step%20up)

### Backward Jogging Arm Circle

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=backward%20jogging%20arm%20circle](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=backward%20jogging%20arm%20circle)

### Backward Long Reach

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=backward%20long%20reach](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=backward%20long%20reach)

### Backward Roll

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Backward%20Roll](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Backward%20Roll)

### Backward Roll to feet

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Backward%20Roll%20to%20Feet](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Backward%20Roll%20to%20Feet)

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

Backward Run to Backward Butt Kick Run

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Backward%20Run%20to%20Backward%20Butt%20Kick%20Run](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Backward%20Run%20to%20Backward%20Butt%20Kick%20Run)

Balance Single Leg Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=balance%20single%20leg%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=balance%20single%20leg%20squat)

Ball Band Leg Curls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Ball%20Band%20Leg%20Curls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Ball%20Band%20Leg%20Curls)

Ball Bent Knee Glute Lift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Ball%20Bent%20Knee%20Glute%20Lift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Ball%20Bent%20Knee%20Glute%20Lift)

Ball Glute Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Ball%20Glute%20Hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Ball%20Glute%20Hold)

Ball Glute Hold Oscillatory

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Ball%20Glute%20Hold%20Oscillatory](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Ball%20Glute%20Hold%20Oscillatory)

Ball Glute Lift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Ball%20Glute%20Lift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Ball%20Glute%20Lift)

Ball Leg Curl Bridge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=ball%20leg%20Curl%20Bridge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=ball%20leg%20Curl%20Bridge)

Ball Leg Curls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Ball%20Leg%20Curls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Ball%20Leg%20Curls)

Bam Bams

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=bam%20bams](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=bam%20bams)

Band Adduction

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=band%20adduction](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=band%20adduction)

Band Abduction speed

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=band%20abduction%20Speed](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=band%20abduction%20Speed)

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

### Band Face Pulls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=band%20face%20pulls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=band%20face%20pulls)

### Band I Band Stretch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Band%20I%20Band%20Stretch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Band%20I%20Band%20Stretch)

### Band Leg Speed Adduction

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=band%20leg%20speed%20adduction](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=band%20leg%20speed%20adduction)

### Band Pull Throughs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=band%20pull%20throughs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=band%20pull%20throughs)

### Band Pull Through Toes In

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=band%20pull%20through%20toes%20in](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=band%20pull%20through%20toes%20in)

### Band Quad Stretch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Band%20Quad%20Stretch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Band%20Quad%20Stretch)

### Band Squat Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Band%20Squat%20Jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Band%20Squat%20Jump)

### Band Squats

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Band%20Squats](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Band%20Squats)

### Band Tricep Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=band%20tricep%20extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=band%20tricep%20extension)

### Bar Holds

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=bar%20holds](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=bar%20holds)

### Barbell Bent Over Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=barbell%20bent%20over%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=barbell%20bent%20over%20row)

### Barbell Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=barbell%20lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=barbell%20lunge)

### Bench Dip Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=bench%20dip%20isometric%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=bench%20dip%20isometric%20hold)

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### Bench Glute Bar Lifts

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Bench%20Glute%20Bar%20Lifts](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Bench%20Glute%20Bar%20Lifts)

### Bench Glute Lift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=bench%20glute%20lift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=bench%20glute%20lift)

### Bench Glute Lift Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=bench%20glute%20lift%20Isometric%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=bench%20glute%20lift%20Isometric%20hold)

### Bench Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=bench%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=bench%20press)

### Bench Press – Board

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=bench%20press%20-%20board](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=bench%20press%20-%20board)

### Bench Single Leg Glute L Lift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Bench%20Single%20Leg%20Glute%20L%20Lift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Bench%20Single%20Leg%20Glute%20L%20Lift)

### Bent Knee Tuck

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=bent%20knee%20tuck](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=bent%20knee%20tuck)

### Bent Leg Hip Rotation

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=bent%20leg%20hip%20rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=bent%20leg%20hip%20rotation)

### Bent Over Windmill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Bent%20Over%20Windmill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Bent%20Over%20Windmill)

### Bicep Curl Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=bicep%20curl%20isometric%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=bicep%20curl%20isometric%20hold)

### Bicep Curl Shock

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=bicep%20curl%20shock](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=bicep%20curl%20shock)

### Bicycle Crunch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=bicycle%20crunch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=bicycle%20crunch)

### Body Weight Squats

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Body%20Weight%20Squats](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Body%20Weight%20Squats)

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Bounding Small Hurdle

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Bounding%20Small%20Hurdle](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Bounding%20Small%20Hurdle)

Box Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=box%20jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=box%20jump)

Boxer Shuffle Ladder Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Boxer%20Shuffle%20Ladder%20Drill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Boxer%20Shuffle%20Ladder%20Drill)

Brake Runs Agility Ladder

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Brake%20Runs%20Agility%20Ladder](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Brake%20Runs%20Agility%20Ladder)

Bulgarian Band Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Bulgarian%20Band%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Bulgarian%20Band%20Squat)

Bulgarian Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Bulgarian%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Bulgarian%20Squat)

Bwt Occillatory Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Bwt%20Occillatory%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Bwt%20Occillatory%20Squat)

Carioca

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=carioca](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=carioca)

Carioca Ladder Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Carioca%20Ladder%20Drill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Carioca%20Ladder%20Drill)

Carioca Low and Slow

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=carioca%20low%20and%20slow](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=carioca%20low%20and%20slow)

Carioca Quick Step

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=carioca%20quick%20step](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=carioca%20quick%20step)

Carioca Same Leg Behind

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=carioca%20same%20leg%20behind](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=carioca%20same%20leg%20behind)

Carioca Same Leg in Front

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[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=carioca%20same%20leg%20in%20front](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=carioca%20same%20leg%20in%20front)

Cartwheel

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Cartwheel](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Cartwheel)

Cat Cow

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cat%20cow](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cat%20cow)

Cat Cow Shoulder Stretch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Cat%20Cow%20Shoulder%20Stretch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Cat%20Cow%20Shoulder%20Stretch)

Chest Band Adduction

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Chest%20Band%20Adduction](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Chest%20Band%20Adduction)

Chest Drop Knee Push Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Chest%20Drop%20Knee%20Push%20Up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Chest%20Drop%20Knee%20Push%20Up)

Chest Drop Plyo Push Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Chest%20Drop%20Plyo%20Push%20Up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Chest%20Drop%20Plyo%20Push%20Up)

Chin Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=chin%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=chin%20up)

Chin Up X

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=chin%20up%20x](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=chin%20up%20x)

Clap Push Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=clap%20push%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=clap%20push%20up)

Clap Push Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=clap%20push%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=clap%20push%20up)

Clean

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Clean](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Clean)



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### Clean and Jerk

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Clean%20and%20Jerk](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Clean%20and%20Jerk)

### Clean From Blocks Above Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Clean%20From%20Blocks%20Above%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Clean%20From%20Blocks%20Above%20Knee)

### Clean From Blocks Below Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Clean%20From%20Blocks%20Below%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Clean%20From%20Blocks%20Below%20Knee)

### Clean From Hang Above Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Clean%20From%20Hang%20Above%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Clean%20From%20Hang%20Above%20Knee)

### Clean From Hang Below Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Clean%20From%20Hang%20Below%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Clean%20From%20Hang%20Below%20Knee)

### Clean Pull

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Clean%20Pull](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Clean%20Pull)

### Clean Pull From Blocks Above Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Clean%20Pull%20From%20Blocks%20Above%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Clean%20Pull%20From%20Blocks%20Above%20Knee)

### Clean Pull From Blocks Below Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Clean%20Pull%20From%20Blocks%20Below%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Clean%20Pull%20From%20Blocks%20Below%20Knee)

### Clean Pull From Hang Above Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Clean%20Pull%20From%20Hang%20Above%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Clean%20Pull%20From%20Hang%20Above%20Knee)

### Close Grip Bench Press - Board

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=close%20grip%20bench%20press%20-%20board](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=close%20grip%20bench%20press%20-%20board)

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Close Grip Bench Press Throw

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=close%20grip%20bench%20press%20throw](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=close%20grip%20bench%20press%20throw)

Close Grip Incline Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=close%20grip%20incline%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=close%20grip%20incline%20press)

Close Grip Push Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=close%20grip%20push%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=close%20grip%20push%20up)

Closed Lunge V Band Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Closed%20Lunge%20V%20Band%20Twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Closed%20Lunge%20V%20Band%20Twist)

Cobra

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cobra](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cobra)

Crazy Climber Ladder Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Crazy%20Climber%20Ladder%20Drill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Crazy%20Climber%20Ladder%20Drill)

Cross Above Band Stretch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Cross%20Above%20Band%20Stretch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Cross%20Above%20Band%20Stretch)

Cross Over Crunch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cross%20over%20crunch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cross%20over%20crunch)

Cross Over Jogging Backward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cross%20over%20jogging%20backward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cross%20over%20jogging%20backward)

Cross Over Jogging Forward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cross%20over%20jogging%20forward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cross%20over%20jogging%20forward)

Cross Over Oblique

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cross%20over%20oblique](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cross%20over%20oblique)

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### Cross Over Run for Height

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cross%20over%20run%20for%20height](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cross%20over%20run%20for%20height)

### Cross Over Skip to Backward Open Door Skip

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Cross%20Over%20Skip%20to%20Backward%20Open%20Door%20Skip](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Cross%20Over%20Skip%20to%20Backward%20Open%20Door%20Skip)

### Cross Over STEP Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cross%20over%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cross%20over%20step%20up)

### Cross Over STEP Up Band Dumbbells

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cross%20over%20step%20up%20band%20dumbbells](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cross%20over%20step%20up%20band%20dumbbells)

### Cross Over STEP Up Bands

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cross%20over%20step%20up%20bands](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cross%20over%20step%20up%20bands)

### Cross Over STEP Up Dumbbells

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cross%20over%20step%20up%20dumbbells](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cross%20over%20step%20up%20dumbbells)

### Cross Swing Abs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cross%20swing%20abs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cross%20swing%20abs)

### Crossover 90 90 Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Crossover%2090%2090%20Twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Crossover%2090%2090%20Twist)

### Crossover on Back Leg Straight

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Crossover%20on%20Back%20Leg%20Straight](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Crossover%20on%20Back%20Leg%20Straight)

### Crossover Twist with Feet on Floor

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Crossover%20Twist%20with%20Feet%20on%20Floor](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Crossover%20Twist%20with%20Feet%20on%20Floor)

### Cuban Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cuban%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cuban%20press)

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Cuban Press Figure 8

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cuban%20press%20figure%208](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cuban%20press%20figure%208)

Cuban Press Incline

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cuban%20press%20incline](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cuban%20press%20incline)

Cuban Press Incline Figure 8

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cuban%20press%20incline%20figure%208](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cuban%20press%20incline%20figure%208)

Curl And Press Seated

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=curl%20and%20press%20seated](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=curl%20and%20press%20seated)

Cycle Kicks

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=cycle%20kicks](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cycle%20kicks)

DB Shuffle

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=db%20shuffle](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=db%20shuffle)

Dead Hang Clean

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dead%20Hang%20Clean](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dead%20Hang%20Clean)

Dead Hang Snatch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dead%20Hang%20Snatch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dead%20Hang%20Snatch)

Dead Leg Hurdle Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dead%20Leg%20Hurdle%20Drill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dead%20Leg%20Hurdle%20Drill)

Deadlift Sumo

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=deadlift%20sumo](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=deadlift%20sumo)

Decline Dumbbell Push Backs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=decline%20dumbbell%20push%20backs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=decline%20dumbbell%20push%20backs)

Decline Dumbbell Push Backs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=decline%20dumbbell%20push%20backs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=decline%20dumbbell%20push%20backs)

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Deep Squat Bench Drop

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=deep%20squat%20bench%20drop](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=deep%20squat%20bench%20drop)

Depth Drop

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=depth%20drop](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=depth%20drop)

Dip Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dip%20isometric%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dip%20isometric%20hold)

Dip Shrugs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dip%20shrugs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dip%20shrugs)

Dips

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dips](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dips)

Donkey Kick

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=donkey%20kick](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=donkey%20kick)

Double Knee Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=double%20knee%20jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=double%20knee%20jump)

Double Kneeling Partner Med Ball Reverse Toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Double%20Kneeling%20Partner%20Med%20Ball%20Reverse%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Double%20Kneeling%20Partner%20Med%20Ball%20Reverse%20Toss)

Double Leg Bounding

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Double%20Leg%20Bounding](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Double%20Leg%20Bounding)

Double Leg Crunch Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=double%20leg%20crunch%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=double%20leg%20crunch%20hold)

Double Leg V Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=double%20leg%20v%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=double%20leg%20v%20up)

Double STEP Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=double%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=double%20step%20up)

Double STEP up Band Dumbbell

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=double%20step%20up%20band%20Dumbbell](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=double%20step%20up%20band%20Dumbbell)

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

### Double STEP up With Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=double%20step%20up%20with%20band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=double%20step%20up%20with%20band)

### Double Tap Icky Shuffle Ladder Drills

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Double%20Tap%20Icky%20Shuffle%20Ladder%20Drills](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Double%20Tap%20Icky%20Shuffle%20Ladder%20Drills)

### Drop Rebound Box Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Drop%20Rebound%20Box%20Jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Drop%20Rebound%20Box%20Jump)

### Drop Snatch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Drop%20Snatch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Drop%20Snatch)

### Dual Action Bicep Curls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dual%20action%20bicep%20curls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dual%20action%20bicep%20curls)

### Dual Action Dumbbell Rows

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dual%20action%20dumbbell%20rows](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dual%20action%20dumbbell%20rows)

### Dual Action Tricep Band Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dual%20action%20tricep%20band%20extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dual%20action%20tricep%20band%20extension)

### Duck Walk Forward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=duck%20walk%20forward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=duck%20walk%20forward)

### Dumbbell Bench Fly

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20bench%20fly](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20bench%20fly)

### Dumbbell Bench Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20bench%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20bench%20press)

### Dumbbell Bench Press Adaptability

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20bench%20press%20adaptability](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20bench%20press%20adaptability)

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### Dumbbell Bench Press Alternating

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20bench%20press%20alternating](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20bench%20press%20alternating)

### Dumbbell Bench Press Isometric Hold With Resistance

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20bench%20press%20isometric%20hold%20with%20resistance](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20bench%20press%20isometric%20hold%20with%20resistance)

### Dumbbell Bench Press With Bands

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20bench%20press%20with%20bands](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20bench%20press%20with%20bands)

### Dumbbell Bench Press With Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20bench%20press%20with%20isometric%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20bench%20press%20with%20isometric%20hold)

### Dumbbell Bent Over Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dumbbell%20bent%20over%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dumbbell%20bent%20over%20row)

### Dumbbell Curl To Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dumbbell%20curl%20to%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dumbbell%20curl%20to%20press)

### Dumbbell Glute Back Iso Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20Glute%20Back%20Iso%20Hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20Glute%20Back%20Iso%20Hold)

### Dumbbell Hindu Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20hindu%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20hindu%20squat)

### Dumbbell Hold Prone On Bench

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20Hold%20Prone%20On%20Bench](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20Hold%20Prone%20On%20Bench)

### Dumbbell Incline Fly

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dumbbell%20incline%20fly](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dumbbell%20incline%20fly)

### Dumbbell Incline Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dumbbell%20incline%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dumbbell%20incline%20press)

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### Dumbbell Incline Press Adaptability

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dumbbell%20incline%20press%20adaptability](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dumbbell%20incline%20press%20adaptability)

### Dumbbell Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20lunge)

### Dumbbell Push Backs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dumbbell%20push%20backs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dumbbell%20push%20backs)

### Dumbbell RDL

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20rdl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20rdl)

### Dumbbell Shoulder Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dumbbell%20shoulder%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dumbbell%20shoulder%20press)

### Dumbbell Shrugs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dumbbell%20shrugs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dumbbell%20shrugs)

### Dumbbell Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20squat)

### Dumbbell STEP Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20step%20up)

### Dumbbell STEP Up Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20step%20up%20band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20step%20up%20band)

### Dumbbell Straight Leg Deadlift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20straight%20leg%20deadlift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20straight%20leg%20deadlift)

### Dumbbell Walking Lunge Switch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dumbbell%20Walking%20Lunge%20Switch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dumbbell%20Walking%20Lunge%20Switch)

### Dumbbell Tricep Extension Adaptability

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dumbbell%20tricep%20extension%20adaptability](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dumbbell%20tricep%20extension%20adaptability)



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### Dynamic Butterfly

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Dynamic%20Butterfly](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Dynamic%20Butterfly)

### Dynamic One Arm Lat Pull

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dynamic%20one%20arm%20lat%20pull](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dynamic%20one%20arm%20lat%20pull)

### Dynamic One Arm Reverse Grip Lat Pull

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dynamic%20one%20arm%20reverse%20grip%20lat%20pull](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dynamic%20one%20arm%20reverse%20grip%20lat%20pull)

### Dynamic Oscillatory Squats

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dynamic%20oscillatory%20squats](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dynamic%20oscillatory%20squats)

### Dynamic Supine Lat Pull Down

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=dynamic%20supine%20lat%20pull%20down](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dynamic%20supine%20lat%20pull%20down)

### E3 Grip Face Pulls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=E3%20grip%20face%20pulls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=E3%20grip%20face%20pulls)

### Elbow Bench Abduction Bridge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Elbow%20Bench%20Abduction%20Bridge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Elbow%20Bench%20Abduction%20Bridge)

### Explosive Lying Rows

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=explosive%20lying%20Rows](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=explosive%20lying%20Rows)

### Extension Flexion Shoulder Shock

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Extension%20Flexion%20Shoulder%20Shock](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Extension%20Flexion%20Shoulder%20Shock)

### External Rotation Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=External%20Rotation%20Band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=External%20Rotation%20Band)

### External Rotation Prone

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=External%20Rotation%20Prone](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=External%20Rotation%20Prone)

### External Rotation Supine

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=External%20Rotation%20Supine](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=External%20Rotation%20Supine)

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EZ Bar Curl

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=ez%20bar%20curl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=ez%20bar%20curl)

EZ Close Grip Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=ez%20close%20grip%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=ez%20close%20grip%20press)

EZ Curl Reverse Curl

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=ez%20curl%20reverse%20curl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=ez%20curl%20reverse%20curl)

EZ Incline Tricep Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=ez%20incline%20tricep%20extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=ez%20incline%20tricep%20extension)

EZ Throat Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=ez%20throat%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=ez%20throat%20press)

EZ Tricep Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=ez%20tricep%20extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=ez%20tricep%20extension)

Face Pulls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=face%20Pulls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=face%20Pulls)

Face Pulls E3 Grip

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=face%20Pulls%20E3%20Grip](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=face%20Pulls%20E3%20Grip)

Falling Starts

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Falling%20Starts](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Falling%20Starts)

Figure 4 Sits

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=figure%204%20sits](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=figure%204%20sits)

Figure 8 Lateral Prone

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=figure%208%20lateral%20prone](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=figure%208%20lateral%20prone)

Figure 8 Lateral Standing

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=figure%208%20lateral%20standing](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=figure%208%20lateral%20standing)

Figure 8 Lateral Supine

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=figure%208%20lateral%20supine](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=figure%208%20lateral%20supine)

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Figure 8 Overhead Prone

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=figure%20%20overhead%20prone](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=figure%20%20overhead%20prone)

Figure 8 Overhead Standing

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=figure%20%20overhead%20standing](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=figure%20%20overhead%20standing)

Figure 8 Overhead Supine

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=figure%20%20overhead%20supine](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=figure%20%20overhead%20supine)

Floor Tricep Dumbbell Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=floor%20tricep%20dumbbell%20extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=floor%20tricep%20dumbbell%20extension)

Forward Eccentric Band Jumps

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=forward%20eccentric%20band%20jumps](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=forward%20eccentric%20band%20jumps)

Forward Lunge with Twist to Backward Lunge With Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Forward%20Lunge%20with%20Twist%20to%20Backward%20Lunge%20With%20Twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Forward%20Lunge%20with%20Twist%20to%20Backward%20Lunge%20With%20Twist)

Forward Roll

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Forward%20Roll](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Forward%20Roll)

Forward Straight Leg Skip

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=forward%20straight%20leg%20skip](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=forward%20straight%20leg%20skip)

Frankenstein Kick to Frankenstein Run

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Frankenstien%20Kick%20to%20Frankenstien%20Run](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Frankenstien%20Kick%20to%20Frankenstien%20Run)

Frankenstein With Skip

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=frankenstein%20with%20skip](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=frankenstein%20with%20skip)

Front Deltoid Raise

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20deltoid%20raise](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20deltoid%20raise)

Front Drop Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20drop%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20drop%20squat)

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### Front Dumbbell Drop Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20Dumbbell%20drop%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20Dumbbell%20drop%20squat)

### Front Dumbbell Drop Squat With Pause

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20Dumbbell%20drop%20squat%20with%20pause](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20Dumbbell%20drop%20squat%20with%20pause)

### Front Dumbbell Incline STEP Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20Dumbbell%20incline%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20Dumbbell%20incline%20step%20up)

### Front Dumbbell Power STEP Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20Dumbbell%20power%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20Dumbbell%20power%20step%20up)

### Front Dumbbell Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20Dumbbell%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20Dumbbell%20squat)

### Front Dumbbell STEP Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20Dumbbell%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20Dumbbell%20step%20up)

### Front Goalie Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20goalie%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20goalie%20squat)

### Front Lateral Dumbbell STEP up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20lateral%20Dumbbell%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20lateral%20Dumbbell%20step%20up)

### Front Leg Trail Whip Ladder Drills

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Front%20Leg%20Trail%20Whip%20Ladder%20Drills](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Front%20Leg%20Trail%20Whip%20Ladder%20Drills)

### Front Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20lunge)

### Front Power STEP up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20power%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20power%20step%20up)

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Front Raise Drops

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20raise%20drops](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20raise%20drops)

Front Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20squat)

Front Squat Dumbbell

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20squat%20dumbbell](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20squat%20dumbbell)

Front Squat Straight Arm

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20squat%20straight%20arm](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20squat%20straight%20arm)

Front Squat Straight Arm Dumbbell

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20squat%20straight%20arm%20Dumbbell](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20squat%20straight%20arm%20Dumbbell)

Front Squat with Pause

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20squat%20with%20pause](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20squat%20with%20pause)

Front STEP Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=front%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=front%20step%20up)

Full Bench Curl Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=full%20bench%20curl%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=full%20bench%20curl%20up)

Gallop Backward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Gallop%20Backward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Gallop%20Backward)

Glute Bar Lifts

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Glute%20Bar%20Lifts](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Glute%20Bar%20Lifts)

Glute Bent Knee Bench Lifts

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Glute%20Bent%20Knee%20Bench%20Lifts](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Glute%20Bent%20Knee%20Bench%20Lifts)

Glute Bridge Ups

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20bridge%20ups](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20bridge%20ups)

Glute Ham Arm Curl

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20ham%20arm%20curl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20arm%20curl)

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### Glute Ham Hang

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20ham%20hang](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20hang)

### Glute Ham Hyper

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20ham%20hyper](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20hyper)

### Glute Ham Hyper Incline

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20ham%20hyper%20incline](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20hyper%20incline)

### Glute Ham Hyper Incline Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20ham%20hyper%20incline%20band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20hyper%20incline%20band)

### Glute Ham Hyper Russian Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20ham%20hyper%20russian%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20hyper%20russian%20twist)

### Glute Ham Hyper With Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20ham%20hyper%20with%20band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20hyper%20with%20band)

### Glute Ham Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20ham%20hyper%20isometric%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20hyper%20isometric%20hold)

### Glute Ham Isometric Sit Up Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20ham%20isometric%20sit%20up%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20isometric%20sit%20up%20hold)

### Glute Ham Over Head Dumbell Sit Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20ham%20over%20head%20dumbell%20sit%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20over%20head%20dumbell%20sit%20up)

### Glute Ham Over Head Sit Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20ham%20over%20head%20sit%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20over%20head%20sit%20up)

### Glute Ham Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20ham%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20row)

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Glute Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20ham%20isometric%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20isometric%20hold)

Glute Swings

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=glute%20swings](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20swings)

Goalie Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=goalie%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=goalie%20squat)

Good Morning Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=good%20morning%20jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=good%20morning%20jump)

Gopher U Abs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Gopher%20U%20abs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Gopher%20U%20abs)

Half Bench Curl Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=half%20bench%20curl%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=half%20bench%20curl%20up)

Half Rack Back Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=half%20rack%20back%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=half%20rack%20back%20squat)

Half Squat Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=half%20squat%20jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=half%20squat%20jump)

Half Squat Jump With Height

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=half%20squat%20jump%20with%20height](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=half%20squat%20jump%20with%20height)

Half Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=half%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=half%20twist)

Hammer Curls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hammer%20curls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hammer%20curls)

Hammer Tricep Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hammer%20tricep%20extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hammer%20tricep%20extension)

Hamstring Stretch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hamstring%20Stretch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hamstring%20Stretch)

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Hamstring up and over

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hamstring%20up%20and%20over](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hamstring%20up%20and%20over)

High Knee Pulls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=high%20knee%20pulls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=high%20knee%20pulls)

High Knee Run To Butt Kick Run

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=High%20Knee%20Run%20To%20Butt%20Kick%20Run](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=High%20Knee%20Run%20To%20Butt%20Kick%20Run)

Hindu Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hindu%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hindu%20squat)

Hindu Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hindu%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hindu%20squat)

Hindu Squat Drop Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hindu%20Squat%20Drop%20Jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hindu%20Squat%20Drop%20Jump)

Hindu Squat Drop Pause Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hindu%20Squat%20Drop%20Pause%20Jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hindu%20Squat%20Drop%20Pause%20Jump)

Hindu Squat Oscillatory

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hindu%20squat%20oscillatory](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hindu%20squat%20oscillatory)

Hindu Squat With Pause

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hindu%20squat%20with%20pause](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hindu%20squat%20with%20pause)

Hip Circles

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hip%20circles](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hip%20circles)

Hip Flex Band Pulls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hip%20flex%20band%20pulls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hip%20flex%20band%20pulls)

Hip Flex Band Pulls Lateral

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hip%20flex%20band%20pulls%20lateral](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hip%20flex%20band%20pulls%20lateral)



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### Hip Flexor Eccentric Prone

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hip%20flexor%20eccentric%20prone](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hip%20flexor%20eccentric%20prone)

### Hip Flexor Isometric Prone

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hip%20flexor%20isometric%20prone](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hip%20flexor%20isometric%20prone)

### Hip Flexor Isometric Pull

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hip%20flexor%20isometric%20pull](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hip%20flexor%20isometric%20pull)

### Hip Flexor Med Ball Push

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hip%20Flexor%20Med%20Ball%20Push](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hip%20Flexor%20Med%20Ball%20Push)

### Hip Flexor Med Ball Toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hip%20Flexor%20Med%20Ball%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hip%20Flexor%20Med%20Ball%20Toss)

### Hip Open Lateral Lunge Walks

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hip%20open%20lateral%20lunge%20walks](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hip%20open%20lateral%20lunge%20walks)

### Hip Open Reverse Lunge With Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hip%20open%20reverse%20lunge%20with%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hip%20open%20reverse%20lunge%20with%20twist)

### Hip Swing

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hip%20swing](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hip%20swing)

### Hop Scotch Ladder Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hop%20Scotch%20Ladder%20Drills](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hop%20Scotch%20Ladder%20Drills)

### Hurdle Backward with Stick

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hurdle%20Backward%20with%20Stick](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hurdle%20Backward%20with%20Stick)

### Hurdle Forward with Stick

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hurdle%20Forward%20with%20Stick](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hurdle%20Forward%20with%20Stick)

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Hurdle Hop

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hurdle%20hop](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hurdle%20hop)

Hurdle Hop

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hurdle%20hop](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hurdle%20hop)

Hurdle Lateral with Stick

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hurdle%20Lateral%20with%20Stick](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hurdle%20Lateral%20with%20Stick)

Hurdle Snake Jumps

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hurdle%20Snake%20Jumps](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hurdle%20Snake%20Jumps)

Hurdle Warm Up Backward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hurdle%20Warm%20Up%20Backward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hurdle%20Warm%20Up%20Backward)

Hurdle Warm Up Forward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hurdle%20Warm%20Up%20Forward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hurdle%20Warm%20Up%20Forward)

Hurdle Warm Up Glute Lift Lateral

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hurdle%20Warm%20Up%20Glute%20Lift%20Lateral](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hurdle%20Warm%20Up%20Glute%20Lift%20Lateral)

Hurdle Warm Up Lateral

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hurdle%20Warm%20Up%20Lateral](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hurdle%20Warm%20Up%20Lateral)

Hurdle Warm Up Under Lateral

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Hurdle%20Warm%20Up%20Under%20Lateral](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hurdle%20Warm%20Up%20Under%20Lateral)

Hurdler Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hurdler%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hurdler%20twist)

Hurdler Twist Both Legs In

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hurdler%20twist%20both%20legs%20in](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hurdler%20twist%20both%20legs%20in)

Hurdler Twist Leg In

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=hurdler%20twist%20leg%20in](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hurdler%20twist%20leg%20in)

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### In Line RDL

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=in%20line%20rdl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=in%20line%20rdl)

### Inch Worm

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=inch%20worm](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=inch%20worm)

### Incline Bench Single Leg Jumps

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=incline%20bench%20single%20leg%20jumps](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=incline%20bench%20single%20leg%20jumps)

### Incline Delt Drop

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Incline%20Delt%20Drop](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Incline%20Delt%20Drop)

### Incline Delt Raise

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Incline%20Delt%20Raise](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Incline%20Delt%20Raise)

### Incline Diagonal Med Ball Sit Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Incline%20Diagonal%20Med%20Ball%20Sit%20Up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Incline%20Diagonal%20Med%20Ball%20Sit%20Up)

### Incline Diagonal Med Ball Sit up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Incline%20Diagonal%20Med%20Ball%20Sit%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Incline%20Diagonal%20Med%20Ball%20Sit%20up)

### Incline Dumbbell Press Alternating

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=incline%20dumbbell%20press%20alternating](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=incline%20dumbbell%20press%20alternating)

### Incline Dumbbell Press Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=incline%20dumbbell%20press%20isometric%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=incline%20dumbbell%20press%20isometric%20hold)

### Incline Dumbbell Press Isometric Hold with Resistance

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=incline%20dumbbell%20press%20isometric%20hold%20with%20resistance](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=incline%20dumbbell%20press%20isometric%20hold%20with%20resistance)

### Incline Dumbbell Press With Bands

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=incline%20dumbbell%20press%20with%20bands](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=incline%20dumbbell%20press%20with%20bands)

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

### Incline Dumbbell Over Head Sit Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=incline%20dumbbell%20over%20head%20sit%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=incline%20dumbbell%20over%20head%20sit%20up)

### Incline Hammer Curl

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=incline%20hammer%20curl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=incline%20hammer%20curl)

### Incline Over Head Sit Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=incline%20over%20head%20sit%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=incline%20over%20head%20sit%20up)

### Incline Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=incline%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=incline%20press)

### Incline Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=incline%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=incline%20press)

### Incline STEP Up Toe Raise

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=incline%20step%20up%20toe%20raise](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=incline%20step%20up%20toe%20raise)

### Infraspinatus

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=infraspinatus](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=infraspinatus)

### Infraspinatus Oscillatory

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=infraspinatus%20oscillatory](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=infraspinatus%20oscillatory)

### Internal External Shoulder Shock

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=internal%20external%20shoulder%20shock](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=internal%20external%20shoulder%20shock)

### Internal External Shoulder Shock

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=internal%20external%20shoulder%20shock](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=internal%20external%20shoulder%20shock)

### Internal Rotation Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=internal%20rotation%20band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=internal%20rotation%20band)

### Inverted Bike

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=inverted%20bike](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=inverted%20bike)

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Inverted Leg Swings

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=inverted%20leg%20swings](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=inverted%20leg%20swings)

Inverted Scissor Kicks

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=inverted%20scissor%20kicks](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=inverted%20scissor%20kicks)

Iso Bench Release

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Iso%20Bench%20Release](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Iso%20Bench%20Release)

Isometric Ball Groin Squeeze

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=isometric%20ball%20groin%20squeeze](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=isometric%20ball%20groin%20squeeze)

Isometric Chest Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Isometric%20Chest%20Hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Isometric%20Chest%20Hold)

Isometric Chest Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=isometric%20chest%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=isometric%20chest%20hold)

Isometric Chest Hold Reverse Grip

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Isometric%20Chest%20Hold%20Reverse%20Grip](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Isometric%20Chest%20Hold%20Reverse%20Grip)

Isometric Dumbbell Hold Prone On bench

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=isometric%20dumbbell%20hold%20prone%20on%20bench](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=isometric%20dumbbell%20hold%20prone%20on%20bench)

Isometric Hip Flexor Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Isometric%20Hip%20Flexor%20Hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Isometric%20Hip%20Flexor%20Hold)

Isometric Lunge Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=isometric%20lunge%20band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=isometric%20lunge%20band)

Isometric Lunge hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=isometric%20lunge%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=isometric%20lunge%20hold)

Isometric Release Box Jumps

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=isometric%20release%20box%20jumps](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=isometric%20release%20box%20jumps)

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### Isometric Single Leg Lateral Wall Sit

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=isometric%20single%20leg%20lateral%20wall%20sit](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=isometric%20single%20leg%20lateral%20wall%20sit)

### Isometric Split Squat and Punch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=isometric%20split%20squat%20and%20punch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=isometric%20split%20squat%20and%20punch)

### Isometric Split

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=isometric%20split](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=isometric%20split)

### Isometric Split Squat and Punch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=isometric%20split%20squat%20and%20punch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=isometric%20split%20squat%20and%20punch)

### Isometric Split Squat and Rotational Punch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=isometric%20split%20squat%20and%20rotational%20punch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=isometric%20split%20squat%20and%20rotational%20punch)

### Isometric Wall Sits

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=isometric%20wall%20sits](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=isometric%20wall%20sits)

### JM Dumbbell Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=JM%20dumbbell%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=JM%20dumbbell%20press)

### JM Dumbbell Press Adaptability

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=JM%20dumbbell%20press%20Adaptability](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=JM%20dumbbell%20press%20Adaptability)

### Jogging 360 Turns

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=jogging%20360%20turns](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=jogging%20360%20turns)

### Jogging Backward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=jogging%20backward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=jogging%20backward)

### Jogging Backward With Punches

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=jogging%20backward%20with%20punches](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=jogging%20backward%20with%20punches)

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### Jogging Forward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=jogging%20forward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=jogging%20forward)

### Jogging Forward Arm Circles

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=jogging%20forward%20arm%20circles](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=jogging%20forward%20arm%20circles)

### Jogging Forward High Knees 360 Turn

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=jogging%20forward%20high%20knees%20360%20turn](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=jogging%20forward%20high%20knees%20360%20turn)

### Jogging Forward with Punches

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=jogging%20forward%20with%20punches](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=jogging%20forward%20with%20punches)

### Jogging High Knees Backward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=jogging%20high%20knees%20backward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=jogging%20high%20knees%20backward)

### Jogging High Knees Forward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=jogging%20high%20knees%20forward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=jogging%20high%20knees%20forward)

### Jump Cuts Ladder Drills

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Jump%20Cuts%20Ladder%20Drills](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Jump%20Cuts%20Ladder%20Drills)

### Jump Squat and Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=jump%20squat%20and%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=jump%20squat%20and%20press)

### Jumping Jack Cross over

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=jumping%20jack%20cross%20over](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=jumping%20jack%20cross%20over)

### Jumping Jack Line Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Jumping%20Jack%20Line%20Drill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Jumping%20Jack%20Line%20Drill)

### Knee Ankle Rolls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=knee%20ankle%20rolls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=knee%20ankle%20rolls)

### Knee Flare Reverse RDL

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Knee%20Flare%20Reverse%20RDL](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Knee%20Flare%20Reverse%20RDL)

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Knee Hung Walk To Frankenstein Walk

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Knee%20Hung%20Walk%20To%20Frankenstein%20Walk](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Knee%20Hung%20Walk%20To%20Frankenstein%20Walk)

Knee Lifts Forward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=knee%20lifts%20forward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=knee%20lifts%20forward)

Knee to Chest and Roll

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=knee%20To%20Chest%20and%20roll](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=knee%20To%20Chest%20and%20roll)

Kneeling External Rotation

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=kneeling%20external%20rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=kneeling%20external%20rotation)

Kneeling Internal Rotation

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=kneeling%20internal%20rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=kneeling%20internal%20rotation)

Kneeling Over Head Med Ball Slams

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Kneeling%20Over%20Head%20Med%20Ball%20Slams](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Kneeling%20Over%20Head%20Med%20Ball%20Slams)

Kneeling Partner Med Ball Reverse Toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Kneeling%20Partner%20Med%20Ball%20Reverse%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Kneeling%20Partner%20Med%20Ball%20Reverse%20Toss)

Kneeling Partner Med Ball Side

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Kneeling%20Partner%20Med%20Ball%20Side%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Kneeling%20Partner%20Med%20Ball%20Side%20Toss)

L Raise With Scap Depression

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=L%20Raise%20With%20Scap%20Depression](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=L%20Raise%20With%20Scap%20Depression)

Lat Pull And Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lat%20pull%20and%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lat%20pull%20and%20press)

Lat Pull Chin Grip

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lat%20pull%20chin%20grip](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lat%20pull%20chin%20grip)



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### Lat Pull Down

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lat%20pull%20down](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lat%20pull%20down)

### Lat Pull Straight Arm Shrug

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lat%20pull%20straight%20arm%20shrug](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lat%20pull%20straight%20arm%20shrug)

### Lateral Band Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20Band%20Lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20Band%20Lunge)

### Lateral Band STEP Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20Band%20Step%20Up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20Band%20Step%20Up)

### Lateral Boxer Shuffle

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20Boxer%20Shuffle](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20Boxer%20Shuffle)

### Lateral Cross Over Run

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20Cross%20over%20run](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20Cross%20over%20run)

### Lateral Cross Over Run for Distance

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20Cross%20over%20run%20for%20%20distance](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20Cross%20over%20run%20for%20%20distance)

### Lateral Deltoid Rebound

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lateral%20deltoid%20rebound](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lateral%20deltoid%20rebound)

### Lateral Hip Flexor Isometric Pull

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lateral%20hip%20flexor%20isometric%20pull](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lateral%20hip%20flexor%20isometric%20pull)

### Lateral Hurdle Power Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20Hurdle%20Power%20Drill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20Hurdle%20Power%20Drill)

### Lateral In and Out Shuffle Ladder Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20In%20and%20Out%20Shuffle%20Ladder%20Drill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20In%20and%20Out%20Shuffle%20Ladder%20Drill)

### Lateral Let Goes

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20Let%20Goes](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20Let%20Goes)

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Lateral Partner Push Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20Partner%20Push%20Lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20Partner%20Push%20Lunge)

Lateral Shift Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lateral%20shift%20lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lateral%20shift%20lunge)

Lateral Shuffle Ladder Drills

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20Shuffle%20Ladder%20Drills](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20Shuffle%20Ladder%20Drills)

Lateral Single Leg Ball Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lateral%20single%20leg%20ball%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lateral%20single%20leg%20ball%20squat)

Lateral Single Leg Band Jumps

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20Single%20Leg%20Band%20Jumps](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20Single%20Leg%20Band%20Jumps)

Lateral Single Leg Bench Hops

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lateral%20single%20leg%20bench%20hops](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lateral%20single%20leg%20bench%20hops)

Lateral Slide Mechanics

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20Slide%20Mechanics](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20Slide%20Mechanics)

Lateral Squat Shuffle

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lateral%20squat%20shuffle](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lateral%20squat%20shuffle)

Lateral Under Over The Fence

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20Under%20Over%20The%20Fence](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20Under%20Over%20The%20Fence)

Lateral W Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Lateral%20W%20Drill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Lateral%20W%20Drill)

Lateral Walking Band Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lateral%20walking%20band%20lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lateral%20walking%20band%20lunge)

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Laying Knee Ups

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Laying%20Knee%20Ups](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Laying%20Knee%20Ups)

Laying Knee Ups Front

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Laying%20Knee%20Ups%20Front](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Laying%20Knee%20Ups%20Front)

Laying Leg Circles

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=laying%20leg%20circles](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=laying%20leg%20circles)

Laying Leg Over

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Laying%20Leg%20Over](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Laying%20Leg%20Over)

Laying Med Ball Throws

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Laying%20Med%20Ball%20Throws](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Laying%20Med%20Ball%20Throws)

Laying Relaxation

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lying%20relaxation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lying%20relaxation)

Laying Straight Leg Kickes

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=laying%20straight%20leg%20kicks](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=laying%20straight%20leg%20kicks)

Laying Tricep Band Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Laying%20Tricep%20Band%20Extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Laying%20Tricep%20Band%20Extension)

Laying Up and Over

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=laying%20up%20and%20over](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=laying%20up%20and%20over)

Laying Wall Shakes

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lying%20wall%20shakes](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lying%20wall%20shakes)

Leg Curl Ball Neck Bridge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=leg%20curl%20ball%20neck%20bridge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=leg%20curl%20ball%20neck%20bridge)

Leg Curls Adaptability

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=leg%20curl%20balls%20adaptability](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=leg%20curl%20balls%20adaptability)

Leg Swing

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=leg%20swing](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=leg%20swing)

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### Let Go Sprint Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Let%20Go%20Sprint%20Drill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Let%20Go%20Sprint%20Drill)

### Line Jumps Front to Back

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Line%20Jumps%20Front%20to%20Back](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Line%20Jumps%20Front%20to%20Back)

### Line Jumps Single Leg with Running Form

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Line%20Jumps%20Single%20Leg%20with%20Running%20Form](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Line%20Jumps%20Single%20Leg%20with%20Running%20Form)

### Line Running Quick Feet

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Line%20Running%20Quick%20Feet](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Line%20Running%20Quick%20Feet)

### Long Stride Reverse Reach

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=long%20stride%20reverse%20reach](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=long%20stride%20reverse%20reach)

### Low Hurdle Hop For Distance

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=low%20hurdle%20hop%20for%20di%20stance](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=low%20hurdle%20hop%20for%20di%20stance)

### Lunge Runner Start Knee Grab

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lunge%20runner%20start%20knee%20grab](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lunge%20runner%20start%20knee%20grab)

### Lunge To Straight Leg Kicks

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lunge%20to%20straight%20leg%20kicks](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lunge%20to%20straight%20leg%20kicks)

### Lunge with Plate Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lunge%20with%20plate%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lunge%20with%20plate%20hold)

### Lying Knee Figure 8

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lying%20Knee%20Figure%208](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lying%20Knee%20Figure%208)

### Lying Leg Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=lying%20leg%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=lying%20leg%20twist)

### Manual 4-Way Neck

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Manual%204-way%20Neck](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Manual%204-way%20Neck)

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Manual Arm Abduction

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=manual%20arm%20abduction](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=manual%20arm%20abduction)

Manual Bench Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=manual%20bench%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=manual%20bench%20press)

Manual Bicep Curl

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=manual%20bicep%20curl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=manual%20bicep%20curl)

Manual Clamshell

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=manual%20clamshell](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=manual%20clamshell)

Manual Leg Abduction

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Manual%20Leg%20Abduction](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Manual%20Leg%20Abduction)

Manual Leg Adduction

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Manual%20Leg%20Adduction](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Manual%20Leg%20Adduction)

Manual Leg Curl

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Manual%20Leg%20Curl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Manual%20Leg%20Curl)

Manual Pike Hangs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=manual%20pike%20hangs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=manual%20pike%20hangs)

Manual Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=manual%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=manual%20row)

Manual Tricep Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=manual%20tricep%20extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=manual%20tricep%20extension)

Manual Tricep Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Manual%20Tricep%20Extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Manual%20Tricep%20Extension)

Med Ball Bent Leg Hip Rotation

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Med%20Ball%20Bent%20Leg%20Hip%20Rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Med%20Ball%20Bent%20Leg%20Hip%20Rotation)

Med Ball Bent Leg Hip Rotation

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=med%20Ball%20bent%20leg%20hip%20rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=med%20Ball%20bent%20leg%20hip%20rotation)

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Med Ball Glute Back Iso Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Med%20Ball%20Glute%20Back%20Iso%20Hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Med%20Ball%20Glute%20Back%20Iso%20Hold)

Med Ball Pass

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=med%20ball%20pass](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=med%20ball%20pass)

Med Ball Push Ups

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=med%20ball%20push%20ups](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=med%20ball%20push%20ups)

Med Ball Reverse Over Head Toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=med%20Ball%20Reverse%20over%20head%20toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=med%20Ball%20Reverse%20over%20head%20toss)

Med Ball Step and Over Head Toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=med%20Ball%20Step%20and%20Over%20head%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=med%20Ball%20Step%20and%20Over%20head%20Toss)

Med Ball Toe Touches

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=med%20Ball%20Toe%20Touches](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=med%20Ball%20Toe%20Touches)

Med Ball Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=med%20Ball%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=med%20Ball%20twist)

Med Ball V Ups

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=med%20Ball%20V%20Ups](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=med%20Ball%20V%20Ups)

Messier Back Squats

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=messier%20back%20squats](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=messier%20back%20squats)

Messier Front Squats

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=messier%20front%20squats](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=messier%20front%20squats)

Messier Squats

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=messier%20squats](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=messier%20squats)

Mountain Climber Starts

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Mountain%20Climber%20Starts](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Mountain%20Climber%20Starts)

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Muscle Clean

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Muscle%20Clean](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Muscle%20Clean)

Muscle Snatch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Muscle%20Snatch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Muscle%20Snatch)

Neck Roll

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=neck%20roll](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=neck%20roll)

Nordic Hamstring Curls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=nordic%20hamstring%20curls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=nordic%20hamstring%20curls)

Oblique Crunches

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=oblique%20crunches](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=oblique%20crunches)

Oblique Double Leg Lift Crunch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=oblique%20double%20leg%20lift%20crunch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=oblique%20double%20leg%20lift%20crunch)

Oblique Leg Lift Crunch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=oblique%20leg%20lift%20crunch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=oblique%20leg%20lift%20crunch)

Oscillatory Prone Bench Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=oscillatory%20prone%20bench%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=oscillatory%20prone%20bench%20row)

Olympic Good Mornings

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=olympic%20good%20mornings](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=olympic%20good%20mornings)

One Arm Bent Over Lat Pull Down

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=one%20arm%20bent%20over%20lat%20pull%20down](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=one%20arm%20bent%20over%20lat%20pull%20down)

One Arm Face Pull

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=one%20arm%20face%20pull](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=one%20arm%20face%20pull)

One Arm Face Pull E3 Grip

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=one%20arm%20face%20pull%20E3%20grip](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=one%20arm%20face%20pull%20E3%20grip)

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### One Arm Lat Pull Down

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=one%20arm%20lat%20pull%20down](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=one%20arm%20lat%20pull%20down)

### One Arm Lat Pull Down E3 Grip

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=one%20arm%20lat%20pull%20down%20E3%20Grip](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=one%20arm%20lat%20pull%20down%20E3%20Grip)

### One Arm Lat Pull Down E3 Grip Adaptability

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=one%20arm%20lat%20pull%20down%20E3%20Grip%20adaptability](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=one%20arm%20lat%20pull%20down%20E3%20Grip%20adaptability)

### One Arm Reverse Grip Lat Pull Down

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=one%20arm%20reverse%20grip%20lat%20pull%20down%20](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=one%20arm%20reverse%20grip%20lat%20pull%20down%20)

### One Arm Reverse Grip Tricep Push Down

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=One%20Arm%20Reverse%20Grip%20Tricep%20Push%20Down](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=One%20Arm%20Reverse%20Grip%20Tricep%20Push%20Down)

### One Arm Side Lat Pull Down

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=one%20arm%20side%20lat%20pull%20down%20](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=one%20arm%20side%20lat%20pull%20down%20)

### One Arm Tricep Push Down

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=One%20Arm%20Tricep%20Push%20Down](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=One%20Arm%20Tricep%20Push%20Down)

### One Arm Tricep Push Down Adaptability

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=One%20Arm%20Tricep%20Push%20Down%20adaptability](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=One%20Arm%20Tricep%20Push%20Down%20adaptability)

### One Foot in Between Long Small Hurdle

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=One%20Foot%20in%20Between%20Long%20Small%20Hurdle](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=One%20Foot%20in%20Between%20Long%20Small%20Hurdle)

### One Foot in Between Small Hurdle

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=One%20Foot%20in%20Between%20Small%20Hurdle](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=One%20Foot%20in%20Between%20Small%20Hurdle)

### One Foot In Every Hole Agility Ladder



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[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=One%20Foot%20In%20Every%20Hole%20Agility%20Ladder](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=One%20Foot%20In%20Every%20Hole%20Agility%20Ladder)

One Hand Deadlift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=one%20hand%20deadlift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=one%20hand%20deadlift)

One Hand Single Leg Deadlift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=one%20hand%20single%20leg%20deadlift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=one%20hand%20single%20leg%20deadlift)

One Leg Alternating Dumbbell Curl

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=One%20leg%20alternating%20dumbbell%20curl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=One%20leg%20alternating%20dumbbell%20curl)

One Leg Med Ball Side Toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=one%20leg%20med%20ball%20side%20toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=one%20leg%20med%20ball%20side%20toss)

One Way Hamstring Touch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=One%20Way%20Hamstring%20Touch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=One%20Way%20Hamstring%20Touch)

Open Lunge V Band Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Open%20Lunge%20V%20Band%20Twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Open%20Lunge%20V%20Band%20Twist)

Oscillatory Bench Glute Lifts

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Oscillatory%20Bench%20Glute%20Lifts](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Oscillatory%20Bench%20Glute%20Lifts)

Oscillatory Box Push Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=oscillatory%20box%20push%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=oscillatory%20box%20push%20up)

Oscillatory Extended Push up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=oscillatory%20extended%20push%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=oscillatory%20extended%20push%20up)

Oscillatory Prone Bench Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=oscillatory%20prone%20bench%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=oscillatory%20prone%20bench%20row)

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Oscillatory Push Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=oscillatory%20push%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=oscillatory%20push%20up)

Oscillatory Single Leg Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=oscillatory%20single%20leg%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=oscillatory%20single%20leg%20squat)

Over Head Backward Walk Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=over%20head%20backward%20walk%20lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=over%20head%20backward%20walk%20lunge)

Over Head Lat Raise Adaptability

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=over%20head%20lat%20raise%20adaptability](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=over%20head%20lat%20raise%20adaptability)

Over Head Lateral Raise

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=over%20head%20lateral%20raise](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=over%20head%20lateral%20raise)

Over Head Rack Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=over%20head%20rack%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=over%20head%20rack%20squat)

Over Head Rotational Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=over%20head%20rotational%20lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=over%20head%20rotational%20lunge)

Over Head Shrug

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=over%20head%20lateral%20shrug](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=over%20head%20lateral%20shrug)

Over Head Sit Up Adaptability

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Over%20Head%20Sit%20Up%20Adaptability](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Over%20Head%20Sit%20Up%20Adaptability)

Over Head Squat with shrug

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=over%20head%20squat%20with%20shrug](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=over%20head%20squat%20with%20shrug)

Over Head Walk Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=over%20head%20walk%20lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=over%20head%20walk%20lunge)

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Over Lap Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=over%20lap%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=over%20lap%20twist)

Overhead Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Overhead%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Overhead%20Squat)

Parachute Sprints

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=parachute%20sprint](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=parachute%20sprint)

Partner Abs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Abs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Abs)

Partner Back Walks

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20back%20walks](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20back%20walks)

Partner Balance Fighting

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Balance%20Fighting](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Balance%20Fighting)

Partner Balance Fighting

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Balance%20Fighting](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Balance%20Fighting)

Partner Balance Fighting with Pad

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Balance%20Fighting%20with%20Pad](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Balance%20Fighting%20with%20Pad)

Partner Band Abs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=partner%20band%20abs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=partner%20band%20abs)

Partner Caber Med Ball Toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Caber%20Med%20Ball%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Caber%20Med%20Ball%20Toss)

Partner Circle Fights

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Circle%20Fights](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Circle%20Fights)

Partner Dive Roll

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Dive%20Roll](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Dive%20Roll)

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Partner Lateral Ab Tug Of War

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Lateral%20Ab%20Tug%20Of%20War](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Lateral%20Ab%20Tug%20Of%20War)

Partner Lateral Med Ball Toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Lateral%20Med%20Ball%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Lateral%20Med%20Ball%20Toss)

Partner Leg Bends

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=partner%20squat%20leg%20bends](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=partner%20squat%20leg%20bends)

Partner Leg Walks

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20leg%20walks](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20leg%20walks)

Partner Med ball Overhead Slam

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=partner%20Med%20ball%20overhead%20Slam](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=partner%20Med%20ball%20overhead%20Slam)

Partner Med Ball Squat Press and Toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Med%20Ball%20Squat%20Press%20and%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Med%20Ball%20Squat%20Press%20and%20Toss)

Partner Over Back Rolls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Over%20Back%20Rolls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Over%20Back%20Rolls)

Partner Over Head Med Ball Toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Over%20Head%20Med%20Ball%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Over%20Head%20Med%20Ball%20Toss)

Partner Over head Med Ball toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=partner%20over%20head%20Med%20ball%20toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=partner%20over%20head%20Med%20ball%20toss)

Partner Over Head Sit Up Med Ball Toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Over%20Head%20Sit%20Up%20Med%20Ball%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Over%20Head%20Sit%20Up%20Med%20Ball%20Toss)

Partner Pawing Speed Ups

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Pawing%20Speed%20Ups](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Pawing%20Speed%20Ups)

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Partner Squat Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Partner%20Squat%20Isometric%20Hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Partner%20Squat%20Isometric%20Hold)

Partner Squat Oscillatory

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=partner%20squat%20oscillatory](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=partner%20squat%20oscillatory)

Pike Bar Abs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=pike%20bar%20abs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=pike%20bar%20abs)

Pike Hangs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Pike%20hangs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Pike%20hangs)

Pike Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=pike%20jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=pike%20jump)

Pike Partner Abs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=pike%20partner%20abs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=pike%20partner%20abs)

Pike Swiss Ball Abs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=pike%20swiss%20ball%20abs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=pike%20swiss%20ball%20abs)

Pike Toe Drag

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=pike%20toe%20drag](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=pike%20toe%20drag)

Pike Under Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=pike%20under%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=pike%20under%20twist)

Pike Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=pike%20ups](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=pike%20ups)

Piston Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Piston%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Piston%20squat)

Piston Squat Adaptability

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Piston%20squat%20adaptability](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Piston%20squat%20adaptability)

Piston Squat Pronated

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Piston%20Squat%20Pronated](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Piston%20Squat%20Pronated)

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Piston Squat Supinated

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=piston%20Squat%20supinated](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=piston%20Squat%20supinated)

Piston Squat Weighted

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Piston%20Squat%20Weighted](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Piston%20Squat%20Weighted)

Piston Squat with Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Piston%20squat%20with%20band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Piston%20squat%20with%20band)

Plate Pinchers

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=plate%20pinchers](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=plate%20pinchers)

Power Clean

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Clean](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Clean)

Power Clean and Jerk

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Clean%20and%20Jerk](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Clean%20and%20Jerk)

Power Clean From Blocks Above Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Clean%20From%20Blocks%20Above%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Clean%20From%20Blocks%20Above%20Knee)

Power Clean From Blocks Above Knee With Front Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Clean%20From%20Blocks%20Above%20Knee%20With%20Front%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Clean%20From%20Blocks%20Above%20Knee%20With%20Front%20Squat)

Power Clean From Blocks Below Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Clean%20From%20Blocks%20Below%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Clean%20From%20Blocks%20Below%20Knee)

Power Clean From Blocks Below Knee With Front Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Clean%20From%20Blocks%20Below%20Knee%20With%20Front%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Clean%20From%20Blocks%20Below%20Knee%20With%20Front%20Squat)

Power Clean From Hang Above Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Clean%20From%20Hang%20Above%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Clean%20From%20Hang%20Above%20Knee)

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Power Clean From Hang Above Knee With Front Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Clean%20From%20Hang%20Above%20Knee%20With%20Front%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Clean%20From%20Hang%20Above%20Knee%20With%20Front%20Squat)

Power Clean From Hang Below Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Clean%20From%20Hang%20Below%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Clean%20From%20Hang%20Below%20Knee)

Power Clean From Hang Below Knee With Front Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Clean%20From%20Hang%20Below%20Knee%20With%20Front%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Clean%20From%20Hang%20Below%20Knee%20With%20Front%20Squat)

Power Clean With Front Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Clean%20With%20Front%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Clean%20With%20Front%20Squat)

Power Jerk

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Jerk](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Jerk)

Power Snatch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Snatch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Snatch)

Power Snatch From Blocks Above Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Snatch%20From%20Blocks%20Above%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Snatch%20From%20Blocks%20Above%20Knee)

Power Snatch From Blocks Above Knee With Overhead Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Snatch%20From%20Blocks%20Above%20Knee%20With%20Overhead%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Snatch%20From%20Blocks%20Above%20Knee%20With%20Overhead%20Squat)

Power Snatch From Blocks Below Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Snatch%20From%20Blocks%20Below%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Snatch%20From%20Blocks%20Below%20Knee)

Power Snatch From Blocks Below Knee With Overhead Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Snatch%20From%20Blocks%20Below%20Knee%20With%20Overhead%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Snatch%20From%20Blocks%20Below%20Knee%20With%20Overhead%20Squat)

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Power Snatch From Hang Above Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Snatch%20From%20Hang%20Above%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Snatch%20From%20Hang%20Above%20Knee)

Power Snatch From Hang Above Knee With Overhead Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Snatch%20From%20Hang%20Above%20Knee%20With%20Overhead%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Snatch%20From%20Hang%20Above%20Knee%20With%20Overhead%20Squat)

Power Snatch From Hang Below Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Snatch%20From%20Hang%20Below%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Snatch%20From%20Hang%20Below%20Knee)

Power Snatch From Hang Below Knee With Overhead Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Snatch%20From%20Hang%20Below%20Knee%20With%20Overhead%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Snatch%20From%20Hang%20Below%20Knee%20With%20Overhead%20Squat)

Power Snatch Standing On A Block

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Snatch%20Standing%20On%20A%20Block](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Snatch%20Standing%20On%20A%20Block)

Power Snatch With Overhead Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Power%20Snatch%20With%20Overhead%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Power%20Snatch%20With%20Overhead%20Squat)

Power Step Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=power%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=power%20step%20up)

Pressing Overhead Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Pressing%20overhead%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Pressing%20overhead%20squat)

Pronate Supinate Dumbbell Throat Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=pronate%20supinate%20dumbbell%20throat%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=pronate%20supinate%20dumbbell%20throat%20press)

Pronated Tricep Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=pronated%20tricep%20extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=pronated%20tricep%20extension)

Prone Alternating Leg Lift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=prone%20alternating%20leg%20lift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=prone%20alternating%20leg%20lift)



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### Prone Forearm Bridge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=prone%20forearm%20bridge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=prone%20forearm%20bridge)

### Prone Hip Flexor Band Pulls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Prone%20Hip%20Flexor%20Band%20Pulls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Prone%20Hip%20Flexor%20Band%20Pulls)

### Prone Rings Figure 8

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=prone%20rings%20figure%208](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=prone%20rings%20figure%208)

### Pull Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=pull%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=pull%20up)

### Pull Up Circle Hang

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=pull%20up%20circle%20hang](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=pull%20up%20circle%20hang)

### Pull Up Drop

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=pull%20up%20drop](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=pull%20up%20drop)

### Pull Up Hang

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Pull%20up%20hang](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Pull%20up%20hang)

### Pull Up Hang Scissor

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Pull%20up%20hang%20scissor](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Pull%20up%20hang%20scissor)

### Pull Up Hang Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Pull%20up%20hang%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Pull%20up%20hang%20twist)

### Pull Up Manual Circle

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Pull%20up%20manual%20circle](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Pull%20up%20manual%20circle)

### Pull Up Manual Hang

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Pull%20up%20manual%20hang](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Pull%20up%20manual%20hang)

### Pull Up Manual Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Pull%20up%20manual%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Pull%20up%20manual%20twist)

### Pull Up X

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=pull%20up%20x](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=pull%20up%20x)

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

Push Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Push%20Press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Push%20Press)

Push Up Ball Rotation

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Push%20Up%20Ball%20Rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Push%20Up%20Ball%20Rotation)

Push Up Climber

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=push%20up%20Climber](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=push%20up%20Climber)

Push Up Drop

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Push%20Up%20Drop](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Push%20Up%20Drop)

Push up Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=push%20up%20isometric%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=push%20up%20isometric%20hold)

Push Up Scapula Shrug

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Push%20Up%20Scapula%20Shrug](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Push%20Up%20Scapula%20Shrug)

Push Up Scapula Shrug With Bands

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Push%20Up%20Scapula%20Shrug%20With%20Bands](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Push%20Up%20Scapula%20Shrug%20With%20Bands)

Push Up Stretch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Push%20Up%20Stretch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Push%20Up%20Stretch)

Push Up Stretch With Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Push%20Up%20Stretch%20With%20Twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Push%20Up%20Stretch%20With%20Twist)

Push up Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=push%20up%20Twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=push%20up%20Twist)

Quadraped Backward Leg Circles

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Quadraped%20Backward%20Leg%20Circles](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Quadraped%20Backward%20Leg%20Circles)

Quadraped Forward Leg Circles

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Quadraped%20Forward%20Leg%20Circles](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Quadraped%20Forward%20Leg%20Circles)

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

Quadraped Kick Back

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Quadraped%20Kick%20Back](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Quadraped%20Kick%20Back)

Quadraped Out Hip Lift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Quadraped%20Out%20Hip%20Lift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Quadraped%20Out%20Hip%20Lift)

Quarter Rack Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=quarter%20rack%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=quarter%20rack%20squat)

Quick Steps

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Quick%20Steps](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Quick%20Steps)

Rack Deadlift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Rack Deadlift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Rack%20Deadlift)

RDL

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=rld](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=rld)

RDL Dumbbell

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=rld%20dumbbell](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=rld%20dumbbell)

RDL Dumbbell Shrug

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=rld%20dumbbell%20shrug](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=rld%20dumbbell%20shrug)

RDL Olympic Style

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=rld%20olympic%20style](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=rld%20olympic%20style)

RDL Walks to Cross Toe Grab Walks

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=RDL%20Walks%20to%20Cross%20Toe%20Grab%20Walks](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=RDL%20Walks%20to%20Cross%20Toe%20Grab%20Walks)

Rear Deltoid

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=rear%20deltoid](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=rear%20deltoid)

Referee Double Knee Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=referee%20double%20knee%20jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=referee%20double%20knee%20jump)

Relaxed Box Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=relaxed%20box%20jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=relaxed%20box%20jump)

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Reverse 180 Bench Hop

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=reverse%20180%20bench%20hop](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=reverse%20180%20bench%20hop)

Reverse Band Crunch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Reverse%20Band%20Crunch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Reverse%20Band%20Crunch)

Reverse Curl

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=reverse%20curl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=reverse%20curl)

Reverse Grip Tricep Push Down Adaptability

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=reverse%20grip%20tricep%25push%20down%20adaptability](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=reverse%20grip%20tricep%25push%20down%20adaptability)

Reverse Hyper

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=reverse%20hyper](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=reverse%20hyper)

Reverse Hyper On Glute Ham

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=reverse%20hyper%20on%20glute%20ham](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=reverse%20hyper%20on%20glute%20ham)

Reverse Hyper On Glute Ham With Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=reverse%20hyper%20on%20glute%20ham%20with%20band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=reverse%20hyper%20on%20glute%20ham%20with%20band)

Reverse Hyper Wide Leg

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=reverse%20hyper%20wide%20leg](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=reverse%20hyper%20wide%20leg)

Reverse Hyper Wide Leg with Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=reverse%20hyper%20wide%20leg%20with%20band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=reverse%20hyper%20wide%20leg%20with%20band)

Reverse Hyper Wide Leg With Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=reverse%20hyper%20wide%20leg%20with%20band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=reverse%20hyper%20wide%20leg%20with%20band)

Reverse Walking Toe Touch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=reverse%20walking%20toe%20touch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=reverse%20walking%20toe%20touch)

Rotational Lunge In Side

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=rotational%20lunge%20in%20side](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=rotational%20lunge%20in%20side)

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

Rotational Lunge Out Side

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=rotational%20lunge%20out%20side](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=rotational%20lunge%20out%20side)

Round House

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=round%20house](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=round%20house)

Rows Seated

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=rows%20seated](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=rows%20seated)

Russian Plyo Box

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=russian%20plyo%20box](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=russian%20plyo%20box)

Russian Plyo Box Pause

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=russian%20plyo%20box%20pause](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=russian%20plyo%20box%20pause)

Russian Plyo Box Shallow

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=russian%20plyo%20box%20shallow](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=russian%20plyo%20box%20shallow)

Scap Disassociation

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=scap%20disassociation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=scap%20disassociation)

Scapula Pull Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=scapula%20pull%20isometric%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=scapula%20pull%20isometric%20hold)

Scapula Rolls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=scapula%20u%20rolls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=scapula%20u%20rolls)

Scapula U Pulls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=scapula%20u%20pulls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=scapula%20u%20pulls)

Scarecrow

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=scarecrow](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=scarecrow)

Scissor Shuffle Ladder Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Scissor%20Shuffle%20Ladder%20Drill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Scissor%20Shuffle%20Ladder%20Drill)

Scorpion

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=scorpion](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=scorpion)

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

### Seated Arm Swing Built Ups

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Seated%20Arm%20Swing%20Built%20Ups](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Seated%20Arm%20Swing%20Built%20Ups)

### Seated Good Morning

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=seated%20good%20morning](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=seated%20good%20morning)

### Seated Groin Weight Stretch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Seated%20Groin%20Weight%20Stretch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Seated%20Groin%20Weight%20Stretch)

### Seated Plate Punches

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=seated%20plate%20punches](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=seated%20plate%20punches)

### Seated Snatch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Seated%20Snatch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Seated%20Snatch)

### Seated Touch and Punch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=seated%20touch%20and%20punch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=seated%20touch%20and%20punch)

### Seated Twist and Punch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=seated%20twist%20and%20punch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=seated%20twist%20and%20punch)

### Short Supine Bridge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=hockey&exercise\\_name=short%20supine%20bridge](http://www.xlathlete.com/view_exercise.jsp?sport=hockey&exercise_name=short%20supine%20bridge)

### Short Supine Bridge Alternating Leg Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=short%20supine%20bridge%20alternating%20leg%20extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=short%20supine%20bridge%20alternating%20leg%20extension)

### Short Supine Bridge Alternating Leg Lift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=hockey&exercise\\_name=short%20supine%20bridge%20alternating%20leg%20lift](http://www.xlathlete.com/view_exercise.jsp?sport=hockey&exercise_name=short%20supine%20bridge%20alternating%20leg%20lift)

### Shoulder Press Oscillatory Seated

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Shoulder%20press%20oscillatory%20Seated](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Shoulder%20press%20oscillatory%20Seated)

### Shoulder Press Seated

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Shoulder%20press%20seated](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Shoulder%20press%20seated)

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

### Shoulder Shrug

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=20shoulder%20shrug](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=20shoulder%20shrug)

### Shoulder Shrug Seated

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=20shoulder%20shrug%20seated](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=20shoulder%20shrug%20seated)

### Shuffle

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=shuffle](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=shuffle)

### Shuffle Bent Over Arm Swing

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=shuffle%20bent%20over%20arm%20swing](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=shuffle%20bent%20over%20arm%20swing)

### Shuffle Dragging Foot

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=shuffle%20dragging%20foot](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=shuffle%20dragging%20foot)

### Shuffle With Arm Swing

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=shuffle%20with%20arm%20swing](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=shuffle%20with%20arm%20swing)

### Side Bridge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=side%20bridge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=side%20bridge)

### Side Bridge Leg Circle

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=side%20bridge%20Leg%20Circle](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=side%20bridge%20Leg%20Circle)

### Side Deltoid Raise

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=side%20deltoid%20raise](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=side%20deltoid%20raise)

### Side Glute Bridge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=side%20glute%20bridge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=side%20glute%20bridge)

### Side Lat Raise Seated

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=side%20lat%20raise%20seated](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=side%20lat%20raise%20seated)

### Side To Side Left Foot line Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Side%20To%20Side%20Left%20Foot%20line%20Drill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Side%20To%20Side%20Left%20Foot%20line%20Drill)

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### Side To Side Line Jumps

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Side%20To%20Side%20Line%20Jumps](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Side%20To%20Side%20Line%20Jumps)

### Side To Side Right Foot Jumps

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Side%20To%20Side%20Right%20Foot%20Jumps](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Side%20To%20Side%20Right%20Foot%20Jumps)

### Side Touch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=side%20touch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=side%20touch)

### Single Arm Dumbbell Bench

[http://www.xlathlete.com/view\\_exercise.jsp?sport=hockey&exercise\\_name=single%20arm%20dumbbell%20bench](http://www.xlathlete.com/view_exercise.jsp?sport=hockey&exercise_name=single%20arm%20dumbbell%20bench)

### Single Arm Incline Dumbbell Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20arm%20incline%20dumbbell%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20arm%20incline%20dumbbell%20press)

### Single Dumbbell Leg Bench Hop

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20dumbbell%20leg%20bench%20hop](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20dumbbell%20leg%20bench%20hop)

### Single Leg Back Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20back%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20back%20squat)

### Single Leg Ball Curl

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20ball%20curl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20ball%20curl)

### Single Leg Bench Hop

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20bench%20hop](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20bench%20hop)

### Single Leg Dumbbell Bench Clean

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20dumbbell%20bench%20clean](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20dumbbell%20bench%20clean)

### Single Leg Dumbbell Front Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20dumbbell%20front%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20dumbbell%20front%20squat)



## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

### Single Leg Front Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20front%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20front%20squat)

### Single Leg Hops low Box with Bands

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20hops%20low%20box%20with%20bands](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20hops%20low%20box%20with%20bands)

### Single Leg Isometric Deadlift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20isometric%20deadlift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20isometric%20deadlift)

### Single Leg Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20isometric%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20isometric%20hold)

### Single Leg Jump For Distance

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Single%20Leg%20Jump%20For%20Distance](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Single%20Leg%20Jump%20For%20Distance)

### Single Leg Jumps

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Single%20Leg%20Jumps](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Single%20Leg%20Jumps)

### Single Leg Low Box Band Dumbbell STEP Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20low%20box%20band%20dumbbell%20step%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20low%20box%20band%20dumbbell%20step%20up)

### Single Leg One Arm Band Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20one%20arm%20band%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20one%20arm%20band%20row)

### Single Leg Rack Squats

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20Rack%20squats](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20Rack%20squats)

### Single Leg T RDL

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20t%20rdl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20t%20rdl)

### Single Leg Wall Sit

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=single%20leg%20wall%20sits](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20wall%20sits)

### Sit Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=sit%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=sit%20up)

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### Sit Up With Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=sit%20up%20with%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=sit%20up%20with%20twist)

### Skipping Backward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=skipping%20backward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=skipping%20backward)

### Skipping Backward When Flaring Knees

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=skipping%20backward%20when%20flaring%20knees](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=skipping%20backward%20when%20flaring%20knees)

### Skipping Backward With Picking Cherries

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=skipping%20backward%20with%20picking%20cherries](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=skipping%20backward%20with%20picking%20cherries)

### Skipping Forward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=skipping%20forward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=skipping%20forward)

### Skipping Forward With A Kick

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=skipping%20forward%20with%20a%20kick](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=skipping%20forward%20with%20a%20kick)

### Skipping Forward With Picking Cherries

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=skipping%20forward%20with%20picking%20cherries](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=skipping%20forward%20with%20picking%20cherries)

### Snatch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Snatch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Snatch)

### Snatch From Blocks Above Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Snatch%20From%20Blocks%20Below%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Snatch%20From%20Blocks%20Below%20Knee)

### Snatch From Blocks Below Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Snatch%20From%20Blocks%20Below%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Snatch%20From%20Blocks%20Below%20Knee)

### Snatch From Hang Above Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Snatch%20From%20Hang%20Above%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Snatch%20From%20Hang%20Above%20Knee)

## How to Hyperlink With [www.xlathlete.com](http://www.xlathlete.com)

### Snatch From Hang Below Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Snatch%20From%20Hang%20Below%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Snatch%20From%20Hang%20Below%20Knee)

### Snatch Pull

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Snatch%20Pull](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Snatch%20Pull)

### Snatch Pull From Blocks Above Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Snatch%20Pull%20From%20Blocks%20Above%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Snatch%20Pull%20From%20Blocks%20Above%20Knee)

### Snatch Pull From Blocks Below Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Snatch%20Pull%20From%20Blocks%20Below%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Snatch%20Pull%20From%20Blocks%20Below%20Knee)

### Snatch Pull From Hang Above Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Snatch%20Pull%20From%20Hang%20Above%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Snatch%20Pull%20From%20Hang%20Above%20Knee)

### Snatch Pull From Hang Below Knee

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Snatch%20Pull%20From%20Hang%20Below%20Knee](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Snatch%20Pull%20From%20Hang%20Below%20Knee)

### Snatch Pull Standing On A Block

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Snatch%20Pull%20Standing%20On%20A%20Block](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Snatch%20Pull%20Standing%20On%20A%20Block)

### Speed Skater For Distance

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=speed%20skater%20for%20distance](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=speed%20skater%20for%20distance)

### Spider Flips

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=spider%20flips](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=spider%20flips)

### Spiderman Crawl

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=spiderman%20crawl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=spiderman%20crawl)

### Spine Rolls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Spine%20Rolls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Spine%20Rolls)

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Spine Rolls Lateral

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Spine%20Rolls%20Lateral](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Spine%20Rolls%20Lateral)

Split Clean

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Split%20Clean](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Split%20Clean)

Split Jerk

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Split%20jerk](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Split%20jerk)

Split Snatch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Split%20Snatch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Split%20Snatch)

Split Squat Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Split%20Squat%20Band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Split%20Squat%20Band)

Split Squat Isometric Hold

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Split%20Squat%20isometric%20hold](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Split%20Squat%20isometric%20hold)

Split Squat Oscillatory

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=split%20squats](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=split%20squats)

Split Squats

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=spread%20eagle](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=spread%20eagle)

Sport Back Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Sport%20Back%20Squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Sport%20Back%20Squat)

Spread Eagle

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=squat%20and%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=squat%20and%20press)

Sprint Starts

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Sprint%20Starts](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Sprint%20Starts)

Sprinter Stance Starts

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Sprinter%20Stance%20Starts](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Sprinter%20Stance%20Starts)

Square Drill Turn Left

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Square%20Drill%20TurnLeft](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Square%20Drill%20TurnLeft)

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Square Drill turn Right

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Square%20Drill%20turn%20Right](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Square%20Drill%20turn%20Right)

Squat and Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=squat%20and%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=squat%20and%20press)

Squat and Punch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Squat%20and%20Press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Squat%20and%20Press)

Squat and Rotational Punch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=squat%20and%20rotational%20punch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=squat%20and%20rotational%20punch)

Squat Drop Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Squat%20Drop%20Jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Squat%20Drop%20Jump)

Squat Drop Pause Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Squat%20Drop%20Pause%20Jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Squat%20Drop%20Pause%20Jump)

Squat Holds

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Squat%20Holds](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Squat%20Holds)

Squat Isometric Single Leg Under Bar

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=squat%20isometric%20single%20leg%20under%20bar](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=squat%20isometric%20single%20leg%20under%20bar)

Squat Jerk

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Squat%20Jerk](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Squat%20Jerk)

Squat Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=squat%20jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=squat%20jump)

Squat Jump and Press Over Head

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=squat%20jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=squat%20jump)

Squat Jump Pause

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=squat%20jump%20and%20press%20over%20head](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=squat%20jump%20and%20press%20over%20head)

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Squat Jump With Weight

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=squat%20jump%20pause](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=squat%20jump%20pause)

Squat Lat Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=squat%20lat%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=squat%20lat%20row)

Squatting and Plate Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=squatting%20band%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=squatting%20band%20row)

Squatting Band Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Squatting%20External%20Rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Squatting%20External%20Rotation)

Squatting External Rotation

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Squatting%20External%20Rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Squatting%20External%20Rotation)

Squatting Internal Rotation

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=squatting%20internal%20rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=squatting%20internal%20rotation)

Squatting One Arm Lat Pull

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=squatting%20internal%20rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=squatting%20internal%20rotation)

Stab Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Stab%20Drill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Stab%20Drill)

Stand Alternating V Band Flexion

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Squatting%20One%20Arm%20Lat%20Pull](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Squatting%20One%20Arm%20Lat%20Pull)

Standing Arm Circle

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=standing%20band%20leg%20curl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=standing%20band%20leg%20curl)

Standing Arm Swing Speed Build Ups

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Standing%20Arm%20Swing%20Speed%20Build%20Ups](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Standing%20Arm%20Swing%20Speed%20Build%20Ups)

Standing Band Leg Curl

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Standing%20Between%20Legs%20Med%20Ball%20Forward%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Standing%20Between%20Legs%20Med%20Ball%20Forward%20Toss)

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Standing Between Legs Med Ball Forward Toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=standing%20dumbbell%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=standing%20dumbbell%20press)

Standing Broad Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Standing%20Broad%20Jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Standing%20Broad%20Jump)

Standing Dumbbell Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=standing%20glute%20isometric](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=standing%20glute%20isometric)

Standing External Rotation

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Standing%20External%20Rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Standing%20External%20Rotation)

Standing Glute Isometric

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=standing%20glute%20isometric](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=standing%20glute%20isometric)

Standing Glute Kicks

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=standing%20glute%20kicks](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=standing%20glute%20kicks)

Standing Lat Pull Downs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=standing%20lat%20pull%20downs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=standing%20lat%20pull%20downs)

Standing Med Ball Slams

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Standing%20Med%20Ball%20Slams](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Standing%20Med%20Ball%20Slams)

Standing Military Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=standing%20oscillatory%20dumbbell%20press](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=standing%20oscillatory%20dumbbell%20press)

Standing Oscillatory Dumbbell Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=standing%20Over%20and%20Under](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=standing%20Over%20and%20Under)

Standing Over and Under

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Standing%20Partner%20Med%20Ball%20Side%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Standing%20Partner%20Med%20Ball%20Side%20Toss)

Standing Partner Med Ball Side Toss

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Standing%20Partner%20Med%20Ball%20Side%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Standing%20Partner%20Med%20Ball%20Side%20Toss)

Standing Twist and Press

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[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Standing%20Partner%20Med%20Ball%20Side%20Toss](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Standing%20Partner%20Med%20Ball%20Side%20Toss)

Standing Twist and Punch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=standing%20twist%20and%20punch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=standing%20twist%20and%20punch)

Star Drill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Star%20Drill](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Star%20Drill)

STEP Up Band Glute Kick

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Step%20Up%20Band%20Glute%20Kick](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Step%20Up%20Band%20Glute%20Kick)

Stiff Leg Good Morning

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Stiff%20Leg%20Good%20Morning](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Stiff%20Leg%20Good%20Morning)

Straddle Hops Ladder Drills

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Straddle%20Hops%20Ladder%20Drills](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Straddle%20Hops%20Ladder%20Drills)

Straight Bar Curl

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=straight%20bar%20curl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=straight%20bar%20curl)

Straight Bar Push Backs

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=straight%20bar%20push%20backs](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=straight%20bar%20push%20backs)

Straight Leg Crunch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=straight%20leg%20crunch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=straight%20leg%20crunch)

Straight Leg Deadlift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Straight%20Leg%20Hip%20Flex%20Isometric](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Straight%20Leg%20Hip%20Flex%20Isometric)

Straight Leg Hip Flex Isometric

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Straight%20Leg%20Hip%20Flex%20Isometric](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Straight%20Leg%20Hip%20Flex%20Isometric)

Straight Leg Hip Flex Lift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Straight%20Leg%20Hip%20Flex%20Lift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Straight%20Leg%20Hip%20Flex%20Lift)



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### Straight Leg Hip Flex Oscillatory

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=straight%20Leg%20Hip%20FlexOscillatory](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=straight%20Leg%20Hip%20FlexOscillatory)

### Straight Leg Isometric Glute Lifts

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Straight%20Leg%20Isometric%20Glute%20Lifts](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Straight%20Leg%20Isometric%20Glute%20Lifts)

### Straight Leg Lateral Shuffle

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=straight%20leg%20lateral%20shuffle](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=straight%20leg%20lateral%20shuffle)

### Straight Leg Toe Touch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=straight%20leg%20toe%20touch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=straight%20leg%20toe%20touch)

### Straight Leg Toe Touch (fwd, back)

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=straight%20leg%20toe%20touch%20\(fwd,%20back\)](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=straight%20leg%20toe%20touch%20(fwd,%20back))

### Straight Leg Up Crunch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=straight%20leg%20up%20crunch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=straight%20leg%20up%20crunch)

### Straight Leg Walking Good Morning

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=straight%20leg%20walking%20good%20morning](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=straight%20leg%20walking%20good%20morning)

### Superman

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supinate%20pronate%20tricep%20extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supinate%20pronate%20tricep%20extension)

### Supinate Pronate Tricep Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supinated%20tricep%20extension](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supinated%20tricep%20extension)

### Supinate Pronate Tricep Throat Press

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supine%20bent%20knee%20rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supine%20bent%20knee%20rotation)

### Supinated Tricep Extension

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Supine%20Bent%20Knee%20Rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Supine%20Bent%20Knee%20Rotation)

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Supine Bent Knee Rotation

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supine%20bridge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supine%20bridge)

Supine Bent Single Leg Elbow Bridge Glute Lift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Supine%20Bent%20Single%20Leg%20Elbow%20Bridge%20Glute%20Lift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Supine%20Bent%20Single%20Leg%20Elbow%20Bridge%20Glute%20Lift)

Supine Bridge Alternating Leg Lift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supine%20bridge%20alternating%20leg%20lift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supine%20bridge%20alternating%20leg%20lift)

Supine Curl Ups

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supine%20curl%20ups](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supine%20curl%20ups)

Supine Elbow Bridge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supine%20elbow%20bridge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supine%20elbow%20bridge)

Supine Hamstring Isometric

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supine%20hamstring%20isometric](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supine%20hamstring%20isometric)

Supine Lat Pull Down

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supine%20lat%20pull%20down](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supine%20lat%20pull%20down)

Supine Leg Circles

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supine%20leg%20circles](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supine%20leg%20circles)

Supine Leg Thrust

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supine%20leg%20thrust](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supine%20leg%20thrust)

Supine Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supine%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supine%20row)

Supine Scissors

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supine%20scissors](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supine%20scissors)

Supine Shrug

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supine%20shrug](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supine%20shrug)

Supine Single Leg Elbow Bridge Glute Lift

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Supine%20Single%20Leg%20Elbow%20Bridge%20Glute%20Lift](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Supine%20Single%20Leg%20Elbow%20Bridge%20Glute%20Lift)

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### Supine Straight Leg Rotation

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supine%20straight%20leg%20rotation](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supine%20straight%20leg%20rotation)

### Supraspinatus

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Supraspinatus](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Supraspinatus)

### Supraspinatus Oscillatory

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=supraspinatus%20oscillatory](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=supraspinatus%20oscillatory)

### Swinging Standing Lat Pull Down

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=swinging%20standing%20lat%20pull%20down](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=swinging%20standing%20lat%20pull%20down)

### Swiss Ball Down Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=swiss%20ball%20down%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=swiss%20ball%20down%20twist)

### T Drill Turn Left

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=T%20Drill%20Turn%20Left](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=T%20Drill%20Turn%20Left)

### T Drill Turn Right

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=T%20Drill%20Turn%20Right](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=T%20Drill%20Turn%20Right)

### T Raise with Scap Depression

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=t%20raise%20with%20scap%20depression](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=t%20raise%20with%20scap%20depression)

### Tail Whip Right Leg Lead

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Trail%20Whip%20Right%20Leg%20Lead](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Trail%20Whip%20Right%20Leg%20Lead)

### Tea Cup

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Tea%20cup](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Tea%20cup)

### Thors Hammer

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=thors%20hammer](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=thors%20hammer)

### Three Hurdle Lateral

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Three%20Hurdle%20Lateral%20](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Three%20Hurdle%20Lateral%20)

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### Three Hurdle Lateral With Acceleration

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Three%20Hurdle%20Lateral%20With%20Acceleration](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Three%20Hurdle%20Lateral%20With%20Acceleration)

### Three Hurdle Lateral With Pause

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Three%20Hurdle%20Lateral%20With%20Pause](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Three%20Hurdle%20Lateral%20With%20Pause)

### TKE

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=tke](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=tke)

### Toe Pikes

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=toe%20pikes](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=toe%20pikes)

### Toe Reach Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=toe%20Reach%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=toe%20Reach%20squat)

### Trail Whip Left Leg Lead Ladder Drills

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Trail%20Whip%20Left%20Leg%20Lead%20Ladder%20Drills](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Trail%20Whip%20Left%20Leg%20Lead%20Ladder%20Drills)

### Triangle Terror

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=triangle%20terror](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=triangle%20terror)

### Tricep Push Down

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=tricep%20push%20down](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=tricep%20push%20down)

### Tricep Push Down Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=tricep%20push%20down%20band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=tricep%20push%20down%20band)

### Tricep Push Down Rope

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=tricep%20push%20down%20rope](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=tricep%20push%20down%20rope)

### Trunk Rolls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Trunk%20Rolls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Trunk%20Rolls)

### Trunk Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=twisting%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=twisting%20row)

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Tuck Jump

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Tuck%20jump](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Tuck%20jump)

Twisting Row

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=twisting%20row](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=twisting%20row)

Two Feet In One Foot Out

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Two%20Feet%20In%20One%20Foot%20Out](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Two%20Feet%20In%20One%20Foot%20Out)

Two Feet In Two Feet Out Forward

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Two%20Feet%20In%20Two%20Feet%20Out%20Forward](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Two%20Feet%20In%20Two%20Feet%20Out%20Forward)

Two Feet In Two Feet Out Left Side Agility ladder

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Two%20Feet%20In%20Two%20Feet%20Out%20Left%20Side%20Agility%20ladder](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Two%20Feet%20In%20Two%20Feet%20Out%20Left%20Side%20Agility%20ladder)

Two Feet In Two Out Right Side Agility Ladder

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Two%20Feet%20In%20Two%20Feet%20Out%20right%20Side%20Agility%20ladder](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Two%20Feet%20In%20Two%20Feet%20Out%20right%20Side%20Agility%20ladder)

Two Handed Med Ball Push Up

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=two%20handed%20med%20ball%20push%20up](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=two%20handed%20med%20ball%20push%20up)

W Raise with Scap Depression

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=W%20Raise%20with%20Scap%20Depression](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=W%20Raise%20with%20Scap%20Depression)

Walking Ankle Pull Ins

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Walking%20Ankle%20Pull%20Ins](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Walking%20Ankle%20Pull%20Ins)

Walking Arm Circles

[http://www.xlathlete.com/view\\_exercise.jsp?sport=hockey&exercise\\_name=walking%20arm%20circles](http://www.xlathlete.com/view_exercise.jsp?sport=hockey&exercise_name=walking%20arm%20circles)

Walking Dumbbell RDL

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=walking%20dumbbell%20rdl](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=walking%20dumbbell%20rdl)

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Walking Knee Pulls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Walking%20Knee%20Pulls](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Walking%20Knee%20Pulls)

Walking Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=walking%20lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=walking%20lunge)

Walking Lunge 45 Step

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Walking%20Lunge%2045%20step](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Walking%20Lunge%2045%20step)

Walking Lunge with Band

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=walking%20lunge%20with%20band](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=walking%20lunge%20with%20band)

Walking Lunge with Twist

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=walking%20lunge%20with%20twist](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=walking%20lunge%20with%20twist)

Walking Over Head Plate Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Walking%20Over%20Head%20Plate%20Lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Walking%20Over%20Head%20Plate%20Lunge)

Walking Overhead Plate Lunge

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=walking%20overhead%20plate%20lunge](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=walking%20overhead%20plate%20lunge)

Walking Quad Stretch

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=Walking%20Quad%20Stretch](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Walking%20Quad%20Stretch)

Wide Stance Back Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=wide%20stance%20back%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=wide%20stance%20back%20squat)

Windmill

[http://www.xlathlete.com/view\\_exercise.jsp?sport=hockey&exercise\\_name=Windmill](http://www.xlathlete.com/view_exercise.jsp?sport=hockey&exercise_name=Windmill)

Wrist Curl Flexion

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=wrist%20curl%20flexion](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=wrist%20curl%20flexion)

X Behind

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=x%20behind](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=x%20behind)

Y Raise w/ Scap Depression

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[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=y%20raise%20with%20scap%20depression](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=y%20raise%20with%20scap%20depression)

Zercher Good Morning

[http://www.xlathlete.com/view\\_exercise.jsp?sport=hockey&exercise\\_name=zercher%20good%20morning](http://www.xlathlete.com/view_exercise.jsp?sport=hockey&exercise_name=zercher%20good%20morning)

Zercher Squat

[http://www.xlathlete.com/view\\_exercise.jsp?sport=hockey&exercise\\_name=zercher%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=hockey&exercise_name=zercher%20squat)

Zotman Curls

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=zercher%20squat](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=zercher%20squat)

Zotman Curls Seated

[http://www.xlathlete.com/view\\_exercise.jsp?sport=sport&exercise\\_name=zotman%20curls%20Seated](http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=zotman%20curls%20Seated)