

**Back Squat** – Hold Ram on Shoulders. Perform Squat.

**Front Squat** – Hold Ram at neck height in the crook of your arms. Perform Squat.

**Romanian Dead Lift** – Stand with Ram in both hands against upper legs arms down. Hinge at waist to 90 degrees and let arms hang. Stand up straight again.

**Thruster** – Hold Ram at Chin height. Perform Squat. Upon standing straight, raise Ram overhead by straightening arms.

**Reverse Lunge** – Hold Ram on shoulders. Move one leg back in to Lunge position. Reset. Move other leg back in to lunge position. Reset.

**Jump Lunge** – Hold Ram on shoulders. Move to lunge position. Jump and reverse lunge at the same time. Jump back to starting lunge position.

**Side Lunge** – Hold Ram on shoulders. Keep right leg straight while moving left leg out to side. Reset. Hold left leg straight while moving right leg out to side.

**Squat Press with Trunk Twist** – Put Ram on ground beside left foot. Bend Knees while twisting at waist to grab Ram. Move to stand up straight and rotate trunk so Ram goes above opposite shoulder. Do full set. Switch Sides and repeat.

**Clean & Press** – Start in wide stance squat position, feet slightly turned out, with Ram held low in front of shins. Lift Ram to chin height while standing up straight. Raise Ram overhead. Lower to Chin, then squat and return Ram back to the shin height.

**Bicep Curl & Press** – Hold Ram at waist height, arms straight. Bend arms at Elbows to bring Ram to Shoulder height. Straighten arms to raise Ram overhead. Reset. Repeat.

**Halos** – Hold Ram at waist height. Raise Ram over left shoulder, rotate behind head, come down over right shoulder. Rotate back the other way to reset.

**Seated Press** – Sit on floor, legs out straight. Lean back slightly while holding Ram at chin height. Straighten elbows to raise Ram. Reset.

**Lying Chest Press** – Lay on back, elbows bent holding Ram over chest. Straighten arms and raise Ram up. Lower elbows. Repeat.

**Tricep Raise** – Laying down, put ram on floor above head. Bending arms at the elbows, raise the Ram so it's over your chest with arms fully extended. Lower Ram back to floor. Repeat.

**Glute Bridge** – Laying down, with knees bent up, place Ram on waist. Hold Ram in place with arms while raising Waist towards ceiling as far as you can. Lower waist and repeat.