

BETTER GRIP, BIGGER GAINS

Good grip strength helps translate power from your upper body to the world around you. In this workout, you'll hold a barbell in one hand as if it were a dumbbell. Staying balanced causes your core musculature to contract forcefully,

SUITCASE DEADLIFT



Grasp a barbell with your right hand at your side. Move your hips back and bend your knees until your thighs are parallel to the floor. Pause for

UNILATERAL SHOULDER PRESS



Stand holding a barbell in the center with your right hand next to your face and the bar perpendicular to your shoulders. Press



SINGLE-ARM BARBELL ROW

Holding a barbell with your right hand, place your left knee and left hand on a bench. Keeping your back straight, balance the bar as you pull your elbow up past your torso. Hold



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