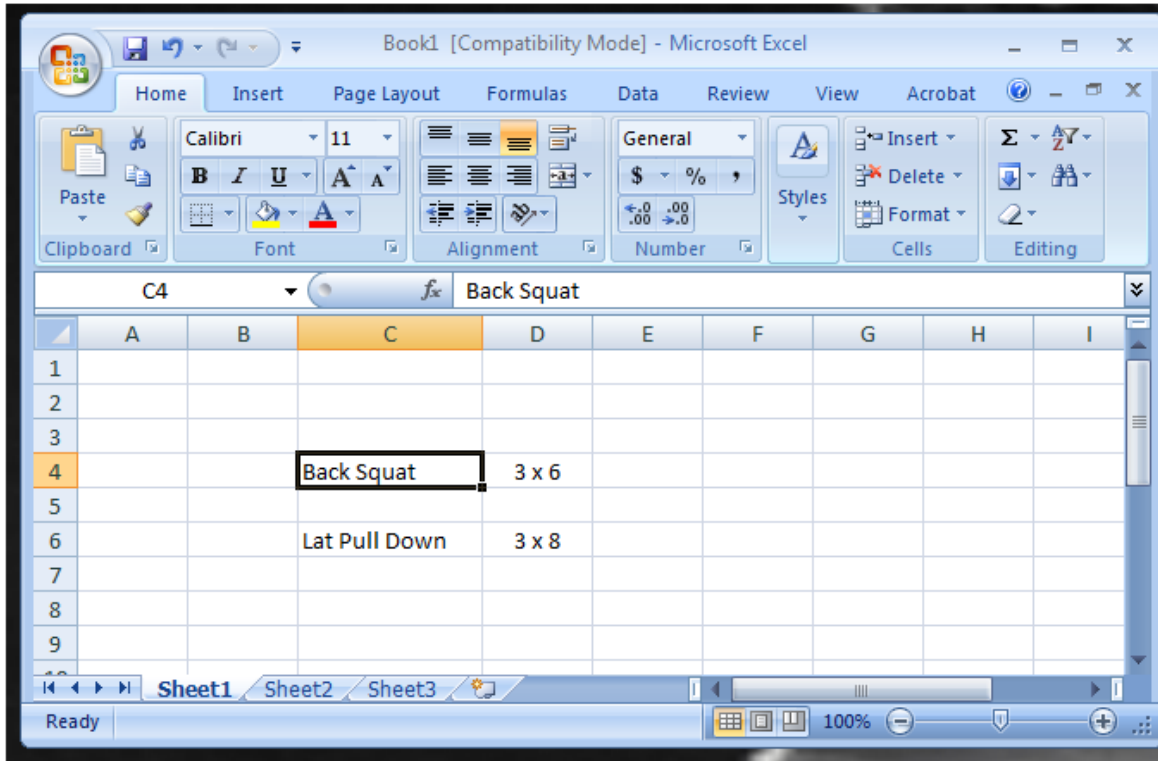
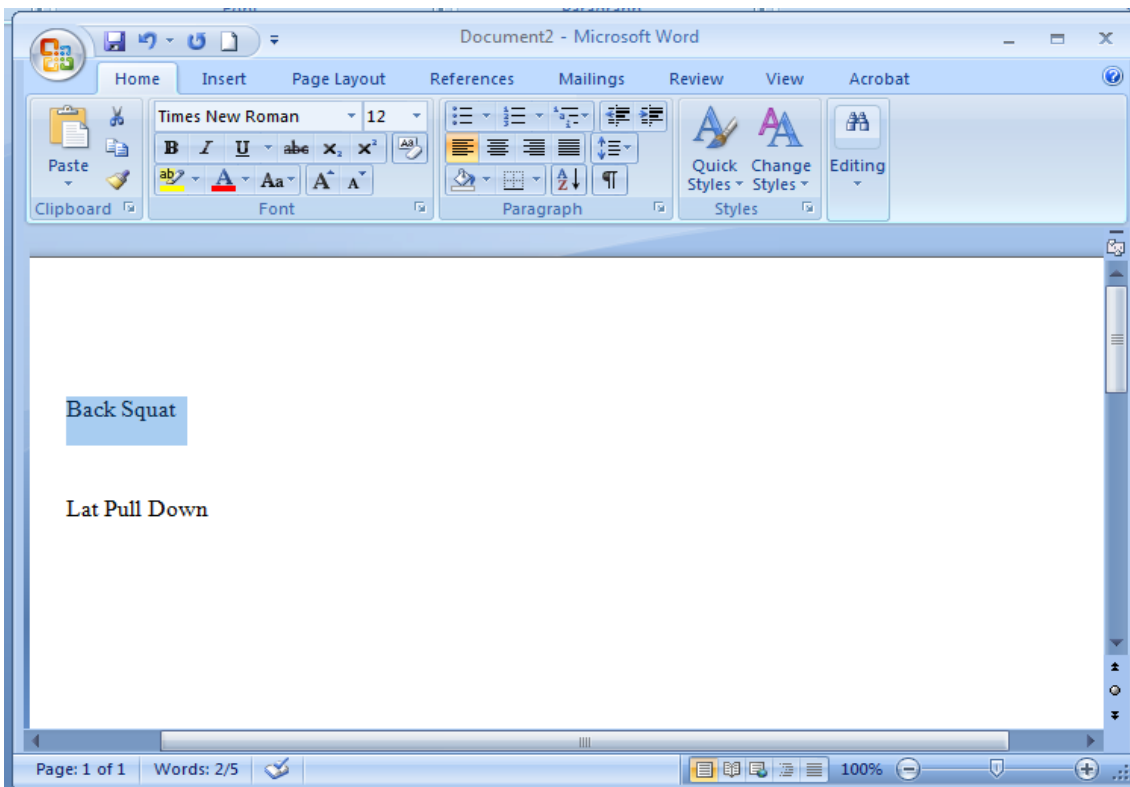


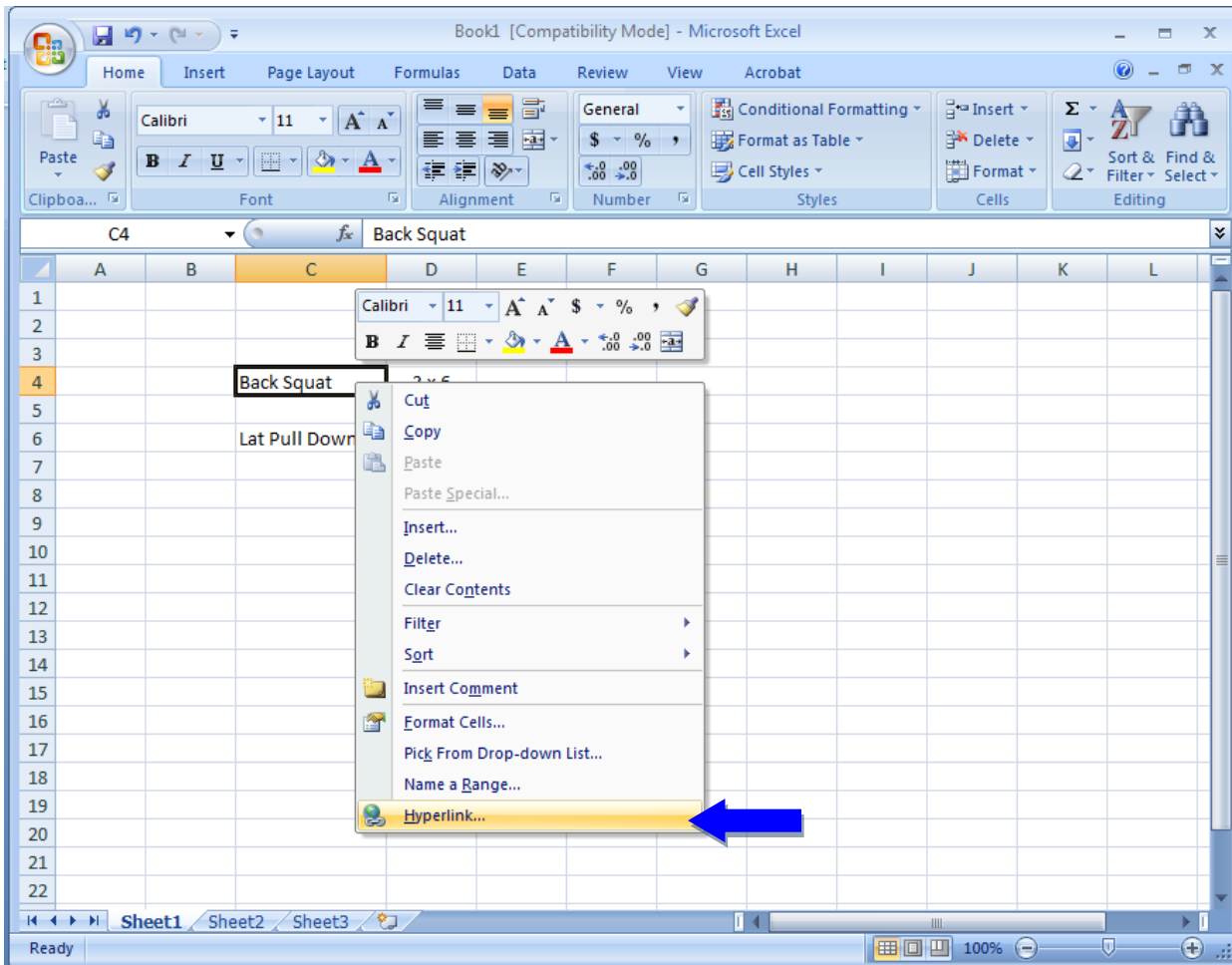
Step 1 : Hyperlinking in Word or Excel



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).

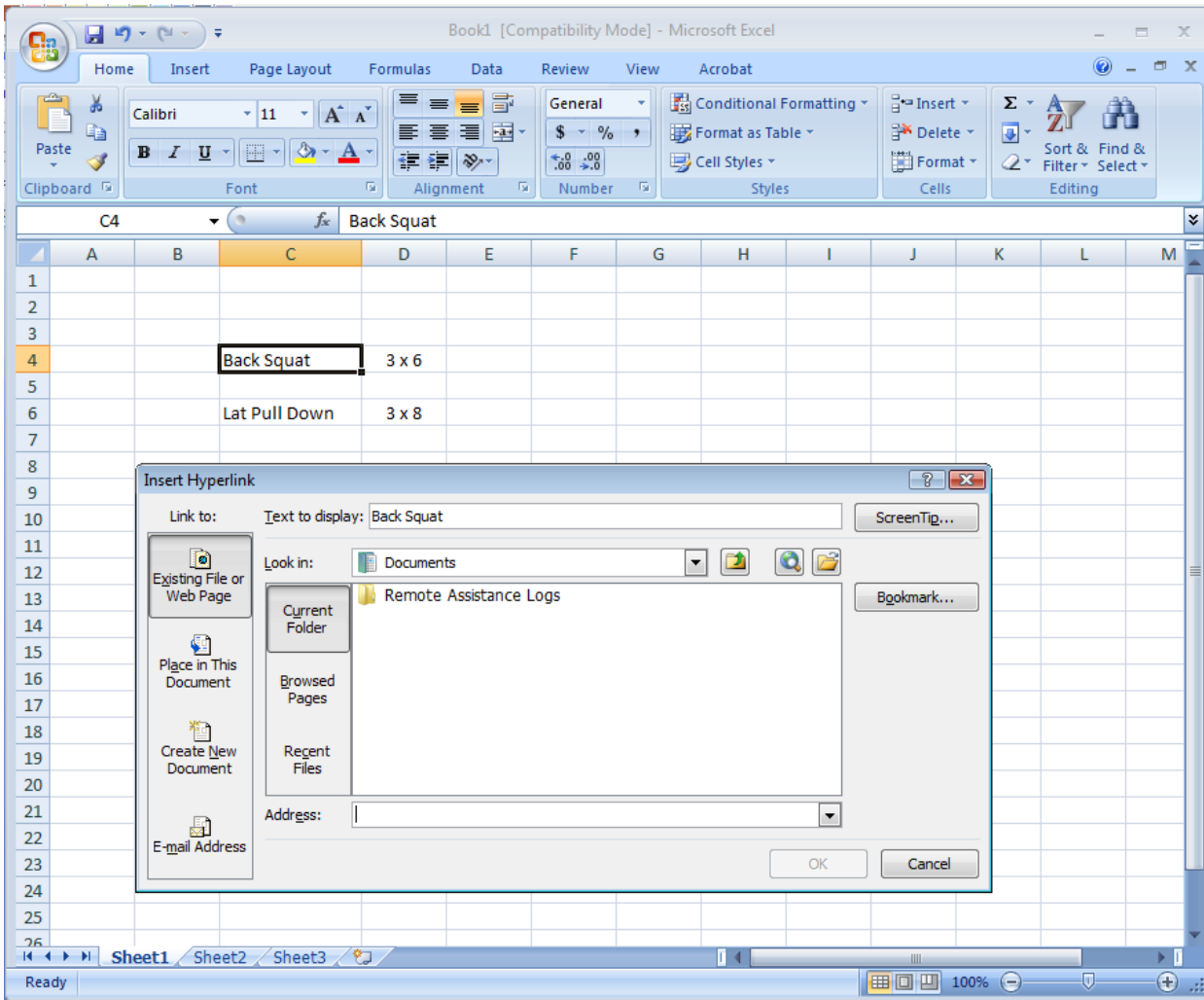


Step 2



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

How to Hyperlink With www.xlathlete.com



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=

Paste this Address



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



Option one

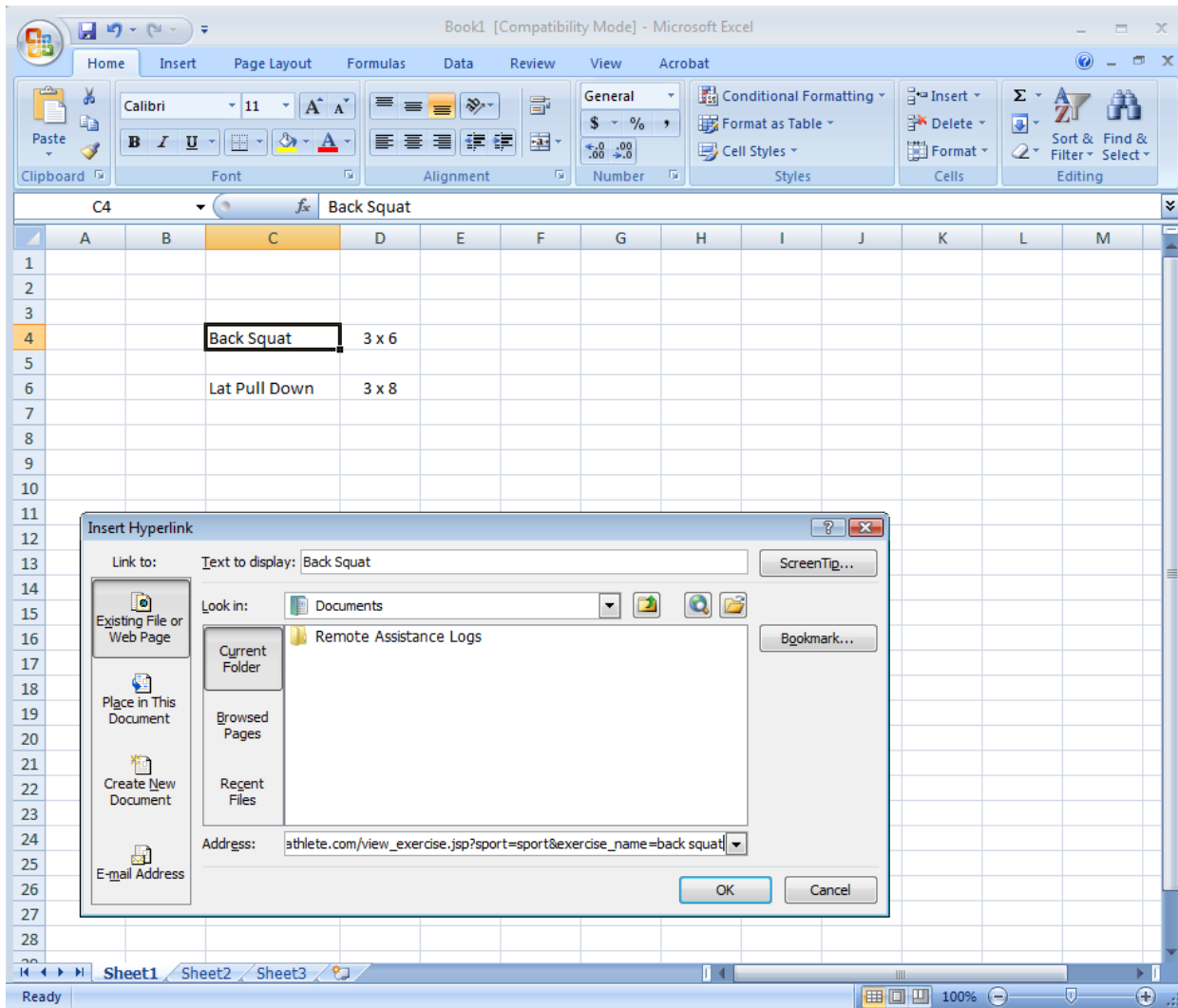
Go to www.xlathlete.com to find the exercise you would like to play. At the end of the address you entered in Excel or Word enter the name of the exercise exactly how it reads on the website. Remember, you don't have to name your exercises the same name it has on www.xlathlete.com just as long as the 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

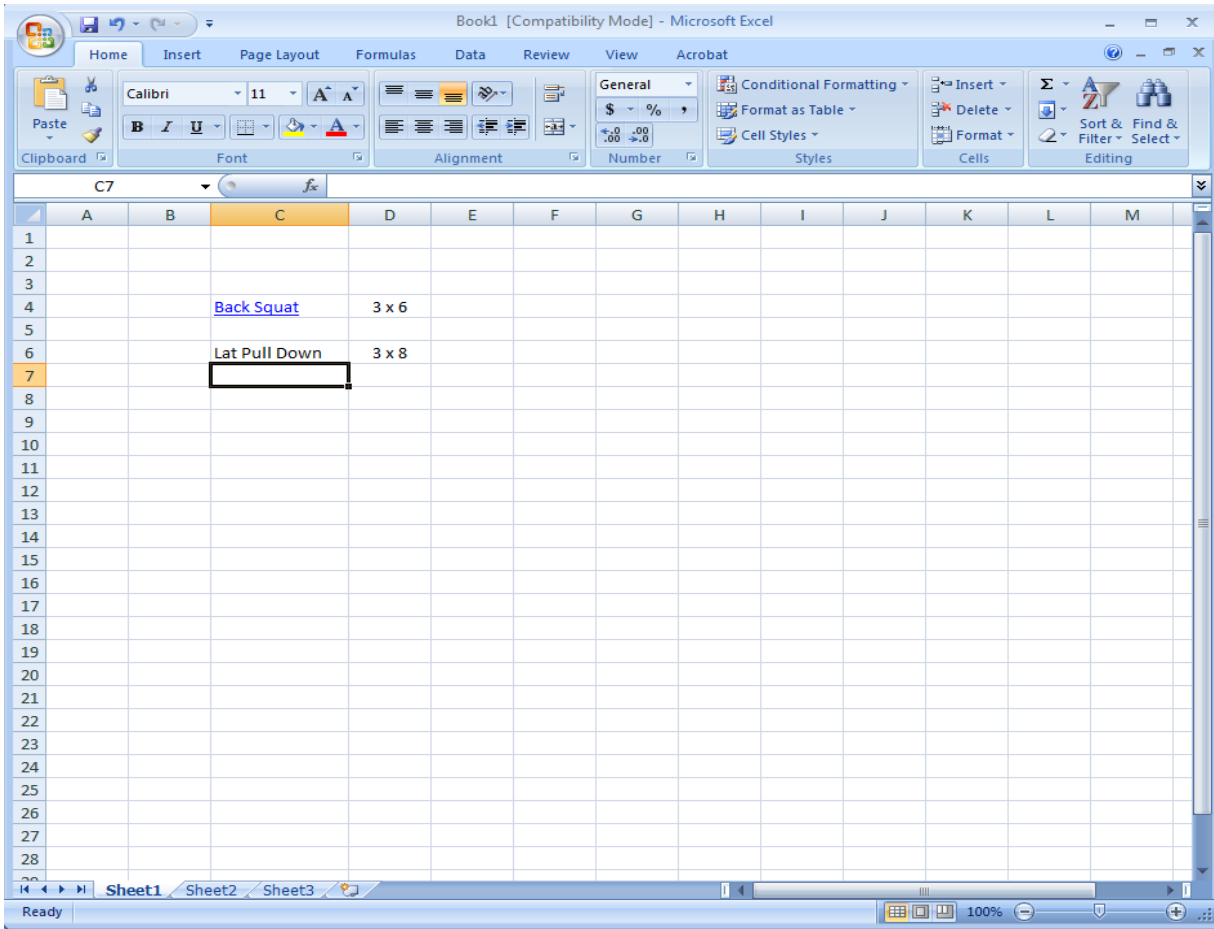


The screenshot shows the Microsoft Excel interface with a spreadsheet open. The spreadsheet has columns A through M and rows 1 through 28. The active cell is C4, which contains the text "Back Squat". To its right, in column D, row 4, is the text "3 x 6". In column D, row 6, is the text "3 x 8". The "Insert Hyperlink" dialog box is open, showing the "Text to display" field with "Back Squat" and the "Address" field with "athlete.com/view_exercise.jsp?sport=sport&exercise_name=back_squat". The "Link to:" section is set to "Existing File or Web Page". The "Look in:" section shows "Documents" and "Remote Assistance Logs". The "Address:" field is highlighted.

	A	B	C	D	E	F	G	H	I	J	K	L	M
1													
2													
3													
4			Back Squat	3 x 6									
5													
6			Lat Pull Down	3 x 8									
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													
17													
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25													
26													
27													
28													

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

How to Hyperlink With 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

1 and Quarter Dips

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

180 Box Jump

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

2 Way Wrist Curls

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

3 Way Hamstring Press

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

3 Way HamString Touch Med Ball

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

4 Way Ankle Kicks

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

How to Hyperlink With www.xlathlete.com

90 90 Groin Isometric Hold

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

Accelerated Box Jump

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

Alternate Scissor Hops

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

Alternating Dumbbell Curl

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

Alternating Dumbbell Shoulder Press

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

Alternating Med Ball Push Ups

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Alternating%20med%20ball%20push%20ups

How to Hyperlink With www.xlathlete.com

Alternating Overhead Lateral Raise

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

Alternating Single Arm Dumbbell Row

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

Alternating Superman

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

Alternating V Up Isometric Hold

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

Anterior Tibialis Band

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

Arnold Press

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=arnold%20press

How to Hyperlink With www.xlathlete.com

Assisted Nordic Hamstring Curls

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

Back Drop Squat

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

Back Extension Dumbbell Alternating Row

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

Back Extension Glute Ham Hyper

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

Back Extension with T Pattern

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

Back Extension With Weight

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=back%20extension%20with%20weight

How to Hyperlink With www.xlathlete.com

Back Extension With X Pattern

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

Back Power STEP Up

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

Back Squat with Bands

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

Back Squat with Pause

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

Backward Jogging Arm Circle

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

Backward Roll

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

How to Hyperlink With 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

Balance Single Leg Squat

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

Ball Bent Knee Glute Lift

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

Ball Glute Hold Oscillatory

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

Ball Leg Curl Bridge

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

Bam Bams

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

Band Abduction speed

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=band%20abduction%20Speed

How to Hyperlink With www.xlathlete.com

Band Face Pulls

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

Band Leg Speed Adduction

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

Band Pull Through Toes In

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

Band Squat Jump

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

Band Tricep Extension

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

Barbell Bent Over Row

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

Bench Dip Isometric Hold

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=bench%20dip%20isometric%20hold

How to Hyperlink With www.xlathlete.com

Bench Glute Bar Lifts

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

Bench Glute Lift Isometric Hold

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

Bench Press – Board

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

Bent Knee Tuck

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

Bent Over Windmill

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

Bicep Curl Shock

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

Body Weight Squats

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Body%20Weight%20Squats

How to Hyperlink With www.xlathlete.com

Bounding Small Hurdle

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

Boxer Shuffle Ladder Drill

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

Bulgarian Band Squat

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

Bwt Occillatory Squat

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

Carioca Ladder Drill

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

Carioca Quick Step

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

Carioca Same Leg in Front

How to Hyperlink With www.xlathlete.com

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

Cat Cow

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

Chest Band Adduction

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

Chest Drop Plyo Push Up

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

Chin Up X

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

Clap Push Up

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

How to Hyperlink With www.xlathlete.com

Clean and Jerk

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

Clean From Blocks Below Knee

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

Clean From Hang Below Knee

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

Clean Pull From Blocks Above Knee

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

Clean Pull From Hang Above Knee

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

How to Hyperlink With www.xlathlete.com

Close Grip Bench Press Throw

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

Close Grip Push Up

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

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

Cross Above Band Stretch

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

Cross Over Jogging Backward

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

Cross Over Oblique

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=cross%20over%20oblique

How to Hyperlink With www.xlathlete.com

Cross Over Run for Height

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

Cross Over STEP Up

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

Cross Over STEP Up Bands

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

Cross Swing Abs

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

Crossover on Back Leg Straight

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

Cuban Press

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

Cuban Press Incline

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

Curl And Press Seated

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

DB Shuffle

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

Dead Hang Snatch

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

Deadlift Sumo

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

Decline Dumbbell Push Backs

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

Depth Drop

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

Dip Shrugs

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

Donkey Kick

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

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

Double Leg Bounding

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

Double Leg V Up

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

Double STEP up Band Dumbbell

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=double%20step%20up%20band%20Dumbbell

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Double STEP up With Band

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

Drop Rebound Box Jump

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

Dual Action Bicep Curls

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

Dual Action Tricep Band Extension

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

Dumbbell Bench Fly

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

Dumbbell Bench Press Adaptability

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

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

Dumbbell Bench Press With Bands

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

Dumbbell Bent Over Row

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

Dumbbell Glute Back Iso Hold

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

Dumbbell Hold Prone On Bench

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

Dumbbell Incline Press

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=dumbbell%20incline%20press

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Dumbbell Incline Press Adaptability

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Dumbbell Lunge

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

Dumbbell RDL

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

Dumbbell Shrugs

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

Dumbbell STEP Up

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

Dumbbell Straight Leg Deadlift

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

Dumbbell Tricep Extension Adaptability

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

Dynamic One Arm Lat Pull

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

Dynamic Oscillatory Squats

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

E3 Grip Face Pulls

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

Explosive Lying Rows

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

External Rotation Band

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

External Rotation Supine

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

EZ Close Grip Press

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

EZ Incline Tricep Extension

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

EZ Tricep Extension

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

Face Pulls E3 Grip

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

Figure 4 Sits

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

Figure 8 Lateral Standing

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

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Figure 8 Overhead Prone

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

Figure 8 Overhead Supine

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

Forward Eccentric Band Jumps

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

Forward Roll

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

Frankenstein Kick to Frankenstein Run

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

Front Deltoid Raise

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

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Front Dumbbell Drop Squat

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

Front Dumbbell Incline STEP Up

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

Front Dumbbell Squat

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

Front Goalie Squat

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

Front Leg Trail Whip Ladder Drills

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

Front Power STEP up

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

Front Squat

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

Front Squat Straight Arm

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

Front Squat with Pause

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

Full Bench Curl Up

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

Glute Bar Lifts

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

Glute Bridge Ups

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

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Glute Ham Hang

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

Glute Ham Hyper Incline

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

Glute Ham Hyper Russian Twist

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

Glute Ham Isometric Hold

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

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

Glute Ham Over Head Sit Up

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=glute%20ham%20over%20head%20sit%20up

Glute Ham Row

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Glute Isometric Hold

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Glute Swings

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Goalie Squat

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

Gopher U Abs

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

Half Rack Back Squat

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

Half Squat Jump With Height

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

Hammer Curls

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

Hamstring Stretch

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Hamstring%20Stretch

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Hamstring up and over

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High Knee Pulls

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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

Hindu Squat

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

Hindu Squat Drop Jump

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

Hindu Squat Oscillatory

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

Hip Circles

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

Hip Flex Band Pulls Lateral

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=hip%20flex%20band%20pulls%20lateral

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Hip Flexor Eccentric Prone

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Hip Flexor Isometric Prone

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

Hip Flexor Med Ball Push

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

Hip Open Lateral Lunge Walks

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

Hip Swing

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

Hurdle Backward with Stick

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

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Hurdle Hop

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

Hurdle Lateral with Stick

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

Hurdle Warm Up Backward

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

Hurdle Warm Up Glute Lift Lateral

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

Hurdle Warm Up Under Lateral

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

Hurdler Twist Both Legs In

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

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In Line RDL

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

Incline Bench Single Leg Jumps

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

Incline Delt Raise

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

Incline Diagonal Med Ball Sit up

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

Incline Dumbbell Press Isometric Hold

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

Incline Dumbbell Press With Bands

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=incline%20dumbbell%20press%20with%20bands

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Incline Dumbbell Over Head Sit Up

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

Incline Over Head Sit Up

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

Incline Press

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

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

Internal External Shoulder Shock

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

Internal Rotation Band

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

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Inverted Leg Swings

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

Iso Bench Release

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

Isometric Chest Hold

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

Isometric Chest Hold Reverse Grip

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

Isometric Hip Flexor Hold

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

Isometric Lunge hold

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

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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

Isometric Split Squat and Punch

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

Isometric Split Squat and Punch

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

Isometric Wall Sits

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

JM Dumbbell Press Adaptability

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

Jogging Backward

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

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Jogging Forward

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

Jogging Forward High Knees 360 Turn

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

Jogging High Knees Backward

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

Jump Cuts Ladder Drills

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

Jumping Jack Cross over

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

Knee Ankle Rolls

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

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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

Knee Lifts Forward

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

Kneeling External Rotation

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

Kneeling Over Head Med Ball Slams

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

Kneeling Partner Med Ball Side

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

Lat Pull And Press

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

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Lat Pull Down

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

Lateral Band Lunge

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

Lateral Boxer Shuffle

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

Lateral Cross Over Run for Distance

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

Lateral Hip Flexor Isometric Pull

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

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

Lateral Let Goes

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

Lateral Shift Lunge

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

Lateral Single Leg Ball Squat

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

Lateral Single Leg Bench Hops

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

Lateral Squat Shuffle

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

Lateral W Drill

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

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Laying Knee Ups

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

Laying Leg Circles

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

Laying Med Ball Throws

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

Laying Straight Leg Kickes

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

Laying Up and Over

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

Leg Curl Ball Neck Bridge

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

Leg Swing

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

Line Jumps Front to Back

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

Line Running Quick Feet

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

Low Hurdle Hop For Distance

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

Lunge To Straight Leg Kicks

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

Lying Knee Figure 8

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

Manual 4-Way Neck

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

Manual Bench Press

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

Manual Clamshell

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

Manual Leg Adduction

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

Manual Pike Hangs

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

Manual Tricep Extension

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

Med Ball Bent Leg Hip Rotation

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

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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

Med Ball Pass

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

Med Ball Reverse Over Head Toss

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

Med Ball Toe Touches

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

Med Ball V Ups

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

Messier Front Squats

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

Mountain Climber Starts

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

Muscle Snatch

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

Nordic Hamstring Curls

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

Oblique Double Leg Lift Crunch

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

Oscillatory Prone Bench Row

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

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

One Arm Face Pull

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

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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

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

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

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

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

One Arm Side Lat Pull Down

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

One Arm Tricep Push Down Adaptability

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

One Foot in Between Small Hurdle

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

One Hand Deadlift

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

One Leg Alternating Dumbbell Curl

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

One Way Hamstring Touch

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

Oscillatory Bench Glute Lifts

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

Oscillatory Extended Push up

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

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Oscillatory Push Up

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

Over Head Backward Walk Lunge

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

Over Head Lateral Raise

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

Over Head Rotational Lunge

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

Over Head Sit Up Adaptability

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

Over Head Walk Lunge

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

Overhead Squat

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

Partner Abs

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

Partner Balance Fighting

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

Partner Balance Fighting with Pad

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

Partner Caber Med Ball Toss

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

Partner Dive Roll

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

Partner Lateral Med Ball Toss

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

Partner Leg Walks

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

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

Partner Over Back Rolls

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

Partner Over head Med Ball toss

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

Partner Pawing Speed Ups

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

Partner Squat Oscillatory

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

Pike Hangs

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

Pike Partner Abs

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

Pike Toe Drag

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

Pike Up

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

Piston Squat Adaptability

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

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Piston Squat Supinated

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

Piston Squat with Band

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

Power Clean

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

Power Clean From Blocks Above Knee

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

Power Clean From Blocks Below Knee

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

Power Clean From Hang Above Knee

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

Power Clean From Hang Below Knee

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

Power Clean With Front Squat

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

Power Snatch

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

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

Power Snatch From Blocks Below Knee

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

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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

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

Power Snatch From Hang Below Knee

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

Power Snatch Standing On A Block

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

Power Step Up

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

Pronate Supinate Dumbbell Throat Press

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

Prone Alternating Leg Lift

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

Prone Hip Flexor Band Pulls

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

Pull Up

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

Pull Up Drop

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

Pull Up Hang Scissor

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

Pull Up Manual Circle

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

Pull Up Manual Twist

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

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Push Press

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

Push Up Climber

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

Push up Isometric Hold

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

Push Up Scapula Shrug With Bands

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

Push Up Stretch With Twist

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

Quadraped Backward Leg Circles

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

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Quadraped Kick Back

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

Quarter Rack Squat

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

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=rdl

RDL Dumbbell

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=rdl%20dumbbell

RDL Dumbbell Shrug

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=rdl%20dumbbell%20shrug

RDL Olympic Style

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=rdl%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

Rear Deltoid

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

Relaxed Box Jump

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

Reverse Band Crunch

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

Reverse Grip Tricep Push Down Adaptability

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

Reverse Hyper On Glute Ham

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

Reverse Hyper Wide Leg

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

Reverse Hyper Wide Leg With Band

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

Rotational Lunge In Side

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=rotational%20lunge%20in%20side

How to Hyperlink With www.xlathlete.com

Rotational Lunge Out Side

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

Rows Seated

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

Russian Plyo Box Pause

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

Scap Disassociation

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

Scapula Rolls

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

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

Scorpion

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=scorpion

How to Hyperlink With www.xlathlete.com

Seated Arm Swing Built Ups

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

Seated Groin Weight Stretch

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

Seated Snatch

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

Seated Twist and Punch

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

Short Supine Bridge Alternating Leg Extension

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

Shoulder Press Oscillatory Seated

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

How to Hyperlink With www.xlathlete.com

Shoulder Shrug

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

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

Shuffle Dragging Foot

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

Side Bridge

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

Side Deltoid Raise

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

Side Lat Raise Seated

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

How to Hyperlink With www.xlathlete.com

Side To Side Line Jumps

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

Side Touch

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

Single Arm Incline Dumbbell Press

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

Single Leg Back Squat

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

Single Leg Bench Hop

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

Single Leg Dumbbell Front Squat

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=single%20leg%20dumbbell%20front%20squat

How to Hyperlink With www.xlathlete.com

Single Leg Front Squat

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

Single Leg Isometric Deadlift

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

Single Leg Jump For Distance

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

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

Single Leg One Arm Band Row

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

Single Leg T RDL

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

Sit Up

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=sit%20up

How to Hyperlink With www.xlathlete.com

Sit Up With Twist

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

Skipping Backward When Flaring Knees

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

Skipping Forward

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

Skipping Forward With Picking Cherries

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

Snatch From Blocks Above Knee

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

Snatch From Hang Above Knee

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Snatch%20From%20Hang%20Above%20Knee

How to Hyperlink With www.xlathlete.com

Snatch From Hang Below Knee

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

Snatch Pull From Blocks Above Knee

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

Snatch Pull From Hang Above Knee

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

Snatch Pull Standing On A Block

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

Spider Flips

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

Spine Rolls

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Spine%20Rolls

How to Hyperlink With www.xlathlete.com

Spine Rolls Lateral

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

Split Jerk

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

Split Squat Band

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

Split Squat Oscillatory

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

Sport Back Squat

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

Sprint Starts

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

Square Drill Turn Left

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Square%20Drill%20TurnLeft

How to Hyperlink With www.xlathlete.com

Square Drill turn Right

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

Squat and Punch

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

Squat Drop Jump

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

Squat Holds

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

Squat Jerk

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

Squat Jump and Press Over Head

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

How to Hyperlink With www.xlathlete.com

Squat Jump With Weight

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

Squatting and Plate Press

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

Squatting External Rotation

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

Squatting One Arm Lat Pull

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

Stand Alternating V Band Flexion

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

Standing Arm Swing Speed Build Ups

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

How to Hyperlink With www.xlathlete.com

Standing Between Legs Med Ball Forward Toss

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

Standing Dumbbell Press

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

Standing Glute Isometric

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

Standing Lat Pull Downs

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

Standing Military Press

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

Standing Over and Under

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

Standing Twist and Press

How to Hyperlink With www.xlathlete.com

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

Star Drill

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

Stiff Leg Good Morning

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

Straight Bar Curl

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

Straight Leg Crunch

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

Straight Leg Hip Flex Isometric

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

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Straight Leg Hip Flex Oscillatory

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

Straight Leg Lateral Shuffle

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

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

Straight Leg Walking Good Morning

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

Supinate Pronate Tricep Extension

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

Supinated Tricep Extension

http://www.xlathlete.com/view_exercise.jsp?sport=sport&exercise_name=Supine%20Bent%20Knee%20Rotation

How to Hyperlink With www.xlathlete.com

Supine Bent Knee Rotation

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

Supine Bridge Alternating Leg Lift

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

Supine Elbow Bridge

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

Supine Lat Pull Down

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

Supine Leg Thrust

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

Supine Scissors

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

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

How to Hyperlink With www.xlathlete.com

Supine Straight Leg Rotation

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

Supraspinatus Oscillatory

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

Swiss Ball Down Twist

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

T Drill Turn Right

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

Tail Whip Right Leg Lead

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

Thors Hammer

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

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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

Three Hurdle Lateral With Pause

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

Toe Pikes

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

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

Triangle Terror

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

Tricep Push Down Band

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

Trunk Rolls

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

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Tuck Jump

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

Two Feet In One Foot Out

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

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

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

Two Handed Med Ball Push Up

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

Walking Ankle Pull Ins

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

Walking Dumbbell RDL

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

Walking Lunge

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

Walking Lunge with Band

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

Walking Over Head Plate Lunge

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

Walking Quad Stretch

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

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

X Behind

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

Zercher Good Morning

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

Zotman Curls

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