4-8 sets of pushing exercises, each set with a weight that allows 10-20 repetitions. Example exercises include shoulder press, bench press and dips.

A couple of exercises that target the often overlooked posterior chain muscles (legs, hips, lower back), which importantly contribute to core stiffness; deadlift, squat, lower back raises.

Be sure to enlist a strength coach or ask Fitness Center staff if you aren’t sure how to properly execute any of these lifts.