

Below, you'll find an alphabetical list of every exercise included in the *Show and Go* program – plus all those exercise substitutions that you may need to make in case of equipment or mobility restrictions. I highly recommend that you have your computer remember your passwords for each of the folders that contain these videos, as it'll make it easier to quickly reference them by clicking through these links.

**However – and this is very important – you'll need the password "sngemc" (no quotation marks) to access them directly via this listing.**

1-arm, 1-leg DB RDL: <http://vimeo.com/11557234>  
1-arm Cable Rotational Row: <http://vimeo.com/11557274>  
1-arm DB Bench Press: <http://vimeo.com/10799710>  
1-arm DB Bulgarian Split Squat: <http://vimeo.com/10799716>  
1-arm DB Row: <http://vimeo.com/11557284>  
1-arm DB Turkish Get-up: <http://vimeo.com/10799722>  
1-leg DB RDL: <http://vimeo.com/10102599>  
1-leg Feet Elevated Push-ups: <http://vimeo.com/10102627>  
1-leg Prone Bridge: <http://vimeo.com/10102650>  
1-leg Scap Push-up: <http://vimeo.com/14193405>  
1-leg Side Bridge: <http://vimeo.com/14251885>  
1-leg Supine Bridge: <http://vimeo.com/9444698>  
2-Board Press: <http://vimeo.com/14251892>  
2-Point DB Row: <http://vimeo.com/14251941>  
3-point Extension-Rotation: <http://vimeo.com/11557291>  
5-10-5 Drill: <http://vimeo.com/10799760>  
45° Incline DB Press: <http://vimeo.com/14251953>  
Ab Wheel Iso Hold: <http://vimeo.com/10102675>  
Ab Wheel Rollout: <http://vimeo.com/9444717>  
Alternating DB Floor Press: <http://vimeo.com/10799771>  
Alternating DB Bench Press: <http://vimeo.com/9444952>  
Alternating Lateral Lunge Walk: <http://vimeo.com/10102707>  
Backpedal: <http://vimeo.com/9445189>  
Band-Resisted Ab Wheel Rollout: <http://vimeo.com/10799776>  
Barbell Forward Lunge: <http://vimeo.com/11557326>  
Barbell Reverse Lunge: <http://vimeo.com/10799788>  
Barbell Reverse Lunge – Front Squat Grip: <http://vimeo.com/10102714>  
Barbell Overhead Squat: <http://vimeo.com/11557338>  
Bent-over Barbell Row: <http://vimeo.com/14251972>  
Bent-over Trap Raise: <http://vimeo.com/11557354>  
Bent-Over T-Spine Rotation: <http://vimeo.com/10102730>  
Birdog: <http://vimeo.com/11557359>  
Bowler Squat: <http://vimeo.com/10799819>  
Box Squat for Speed: <http://vimeo.com/10799830>

Bench Press: <http://vimeo.com/14176720>  
Build-up: <http://vimeo.com/9445184>  
Cable External Rotation - Arm Adducted: <http://vimeo.com/10799844>  
Cable External Rotation at 90°: <http://vimeo.com/10102742>  
Cable External Rotation at 90° – Scapular Plane: <http://vimeo.com/11557380>  
Cable Woodchop – Chest Height: <http://vimeo.com/11557404>  
Carioca: <http://vimeo.com/9444735>  
Chest-Supported DB Row: <http://vimeo.com/9444968>  
Chest-Supported Row – Neutral Grip: <http://vimeo.com/9445197>  
Chest-Supported Row – Pronated Grip: <http://vimeo.com/10102755>  
Chin-ups: <http://vimeo.com/10799867>  
Clap Push-up: <http://vimeo.com/11557424>  
Close-Grip Floor Press: <http://vimeo.com/11557434>  
Close-Grip Bench Press: <http://vimeo.com/9444739>  
Close-Grip DB Bench Press: <http://vimeo.com/14193348>  
Close-Grip Push-up: <http://vimeo.com/10799868>  
Conventional Deadlift: <http://vimeo.com/9444874>  
Conventional Deadlift – Bar Slightly Elevated: <http://vimeo.com/14193160>  
Cross-Behind Overhead Reverse Lunge: <http://vimeo.com/9445209>  
Crossover Jump: <http://vimeo.com/11557439>  
Crossover Reverse Fly: <http://vimeo.com/9444747>  
Decline Bench Press: <http://vimeo.com/10799892>  
DB Bulgarian Split Squat from Deficit: <http://vimeo.com/14193311>  
DB Cuban Press: <http://vimeo.com/11557978>  
DB Floor Press: <http://vimeo.com/14251983>  
DB Forward Lunge: <http://vimeo.com/10102760>  
DB Hammer Curl: <http://vimeo.com/9444982>  
DB Plank-Row: <http://vimeo.com/10799879>  
DB Pullover: <http://vimeo.com/11557991>  
DB Push Press: <http://vimeo.com/10102769>  
DB Reverse Lunge from Deficit: <http://vimeo.com/9445227>  
DB Suitcase Deadlift: <http://vimeo.com/10102782>  
DB Swings: <http://vimeo.com/10102795>  
Doorway Slide: <http://vimeo.com/14193358>  
Elbow-Supported DB External Rotation: <http://vimeo.com/14252009>  
EZ Bar Reverse Curl: <http://vimeo.com/10799910>  
Face Pull: <http://vimeo.com/10102810>  
Face Pull w/External Rotation: <http://vimeo.com/10799918>  
Falling Start: <http://vimeo.com/9444935>  
Feet-Elevated Push-up: <http://vimeo.com/9444753>  
Feet-Elevated Scap Push-up: <http://vimeo.com/14193405>  
Foam Rolling Series: <http://vimeo.com/9444988>  
Front Box Squat: <http://vimeo.com/10102827>  
Front Squat: <http://vimeo.com/9445232>

Front Squat to Push Press to Overhead Reverse Lunge: <http://vimeo.com/14193190>  
Glute Wall March Iso Hold: <http://vimeo.com/10102843>  
Half-Kneeling Adductor Dip: <http://vimeo.com/10102866>  
Half-Kneeling Anti-Rotation Press: <http://vimeo.com/10799926>  
Hand Switch: <http://vimeo.com/10102879>  
Hand Switch with Band: <http://vimeo.com/14252009>  
Head-Supported DB Row: <http://vimeo.com/9444763>  
Heiden: <http://vimeo.com/9445066>  
High Knee Skip: <http://vimeo.com/14168937>  
High Knee Walk to Forward Lunge: <http://vimeo.com/10799954>  
In-Place Heiden: <http://vimeo.com/10799958>  
Jump-Back Start: <http://vimeo.com/14252009>  
Jump Squat (body weight): <http://vimeo.com/10799815>  
Kneeling Glute Mobilization: <http://vimeo.com/14252029>  
Knee-Break Ankle Mobilization: <http://vimeo.com/10102891>  
Landmine: <http://vimeo.com/10102909>  
Lateral High Knee Skip: <http://vimeo.com/10799973>  
Low Incline Barbell Press: <http://vimeo.com/10102915>  
Low Incline DB Press: <http://vimeo.com/9444810>  
Multiplanar Hamstrings Mobilization: <http://vimeo.com/14252055>  
Multiplanar Wall Ankle Mobilization: <http://vimeo.com/14252040>  
Naked Get-up: <http://vimeo.com/11558006>  
Natural Glute-Ham Raise: <http://vimeo.com/9445075>  
Neutral Grip DB Bench Press: <http://vimeo.com/10102928>  
Neutral Grip Pull-up: <http://vimeo.com/9445257>  
No Money Drill: <http://vimeo.com/9444818>  
Off-Bench Oblique Hold: <http://vimeo.com/14252070>  
Overhead Lunge Walk: <http://vimeo.com/11558326>  
Pallof Press Iso Hold: <http://vimeo.com/9445091>  
Paused Speed Bench: <http://vimeo.com/10799977>  
Pronated Grip Inverted Row: <http://vimeo.com/14252084>  
Prone Bridge Arm March: <http://vimeo.com/9445285>  
Prone Row to External Rotation: <http://vimeo.com/14193425>  
Pull-up: <http://vimeo.com/10800234>  
Push Press: <http://vimeo.com/11558330>  
Push-up Start: <http://vimeo.com/11557304>  
Quadruped Chin Tuck: <http://vimeo.com/9445104>  
Quadruped Extension Rotation: <http://vimeo.com/9445294>  
Reach, Roll, & Lift: <http://vimeo.com/11558343>  
Repeated Lateral Heiden: <http://vimeo.com/10102946>  
Reverse 1-leg SLDL Walk: <http://vimeo.com/11558348>  
Rocking Ankle Mobilization: <http://vimeo.com/10102954>  
Rollover Get-up-and-Go: <http://vimeo.com/10102661>  
Scapular Wall Slide: <http://vimeo.com/10102965>

Seated Cable Row – Neutral Grip: <http://vimeo.com/10102973>  
Seated Cable Row – Pronated Grip: <http://vimeo.com/9445116>  
Side Bridge: <http://vimeo.com/14193332>  
Side Bridge Wall Slide: <http://vimeo.com/10103105>  
Side-Lying Extension-Rotation: <http://vimeo.com/10103127>  
Side-Lying External Rotation – Arm Propped at 30° Abduction: <http://vimeo.com/9444858>  
Side-Lying Internal-External Rotation: <http://vimeo.com/10800242>  
Side Shuffle to Sprint: <http://vimeo.com/9445126>  
Side Shuffle with Overhead Reach: <http://vimeo.com/9445304>  
Side Start: <http://vimeo.com/10102656>  
Snatch Grip Rack Pull: <http://vimeo.com/10103137>  
Speed Bench Press: <http://vimeo.com/10103161>  
Speed Deadlift: <http://vimeo.com/9444874>  
Split Squat (body weight): <http://vimeo.com/10103178>  
Split-Stance Broomstick Pec Mobilization: <http://vimeo.com/11558356>  
Split-Stance Cable Lift: <http://vimeo.com/10103185>  
Split-Stance Kneeling Adductor Mobilization: <http://vimeo.com/9445131>  
Sprint-Backpedal-Sprint: <http://vimeo.com/11558733>  
Squat to Stand: <http://vimeo.com/9445310>  
Stability Ball Push-up: <http://vimeo.com/10800267>  
Standing 1-arm Cable Row: <http://vimeo.com/10103203>  
Standing Start: <http://vimeo.com/14252099>  
Stir the Pot: <http://vimeo.com/14193289>  
Sumo Deadlift: <http://vimeo.com/10103214>  
Supinated Grip Inverted Row: <http://vimeo.com/14252113>  
Supine Leg Whip: <http://vimeo.com/11558811>  
Supine No Money w/Band: <http://vimeo.com/10119674>  
Tall Kneeling Cable Lift: <http://vimeo.com/11558829>  
Tall Kneeling Pallof Press: <http://vimeo.com/10800272>  
Towel Pull-up: <http://vimeo.com/10119697>  
T-Push-up: <http://vimeo.com/10119719>  
Trap (Hex) Bar Deadlift: <http://vimeo.com/9444896>  
Walking DB Lunge: <http://vimeo.com/9445158>  
Walking Spiderman with Hip Lift: <http://vimeo.com/10800280>  
Walking Spiderman with Hip Lift & Overhead Reach: <http://vimeo.com/11558848>  
Walking Spiderman with Overhead Reach: <http://vimeo.com/9445315>  
Wall Ankle Mobilization: <http://vimeo.com/9444915>  
Wall Hip Flexor Mobilization: <http://vimeo.com/9445165>  
Wall T-Spine Dip: <http://vimeo.com/14252138>  
Yoga Plex: <http://vimeo.com/10119738>  
Yoga Push-up: <http://vimeo.com/10119752>