

List of Exercises from Scott Hogan's *Built from Broken*

Exercise	Page	Props needed
Mobility, Core, and Dynamic Warm-up: Supine Drawing In	208	
Bird Dog	209	
Cossack Squat	210-11	optional hand weights
Glute Bridge	212-13	
Fire Hydrant	214	
Pigeon Stretch	215-16	
Cat-Cow	217	
Hinge to Squat	218-19	
World's Greatest Stretch	220-21	
Anchored Lat Stretch	222	Dowel, light bar, band
Scapular Pull-up (Active Bar Hanging)	223-24	Bar
Band Pass Through	225	Band
Modified Bully Stretch (Retract and Depress)	226	
Swimmer's Stretch	227-28	
Thoracic Extension on Foam Roller	229	Roller
Upper Body: Banded W	230	Band
Band High Pull Apart with External Rotation	231	Band
Seated Cable High Facepull	232-33	Rowing cable/dumbbells
Scapular Plane Dumbbell Raises	234	Dumbbells or band
Bottoms-Up Kettlebell Press	235	Kettlebell or dumbbell

Incline Dumbbell Fly Press	236	Dumbbells and bench
Incline Dumbbell Press	237	Dumbbells and bench
Band Push-up Plus	238-39	Band (optional bench)
Single Arm Strict Dumbbell Row	240-42	Dumbbell and bench
Bent Over Dumbbell Row	243-44	Dumbbells and bench
Suspension Trainer High Row	245-46	TRX-like suspension
Reverse Grip Cable Pulldowns	247	Pulley cable
Lying Dumbbell Pullover	248	Dumbbell and bench
Alternating Dumbbell Curl with Suspension	249-51	Dumbbells
Forearm Tendon Glides	252-53	
Dumbbell Pronation/Supination	254-55	Dumbbells
Standing Dumbbell Pullover	256	Dumbbell
<u>Lower Body:</u> Box Stepdown	257-58	Box/elevation
Spanish Squat	259	Band
Goblet Squat	260	Dumbbell/Kettlebell
Dumbbell Front Squat, Heels Elevated	261	Dumbbells
Bulgarian Split Squat	262-63	Dumbbells
Cable Pull Through	264	Pulley cable
Dumbbell Romanian Deadlift	265-66	Dumbbells
Swiss Ball Leg Curl	267-68	Swiss ball
Barbell Hip Thrust	269-71	Barbell or dumbbell
Ankle Glides	272	Roller
Standing Straight Leg Calf Raise	273-75	