

## **Buddy PT Exercises**

- Fireman Carry
- Fireman Squats
- Wheelbarrow – Forward
- Wheelbarrow – Reverse
- Wheelbarrow – Right/Left
- Deadlift
- Row
- Line pushups
- Square pushups
- 3-way pushups
- Medicine Ball – Chest pass
- Medicine Ball – Overhead pass
- Medicine Ball – Star sit, chest pass