Select weight. The Olympic bar in the picture weighs 45 pounds. Use safety collars when adding additional plates. Place the bar on your upper back (not your neck). Stand with feet hip distance apart and knees straight but not locked. Lift your toes inside of your shoes to shift the weight back onto your heels.

Inhale and squat down as if you were sitting on a chair. Ideally, your thighs will be parallel to the floor and your knees will make a 90° angle. You should be able to lift your toes inside of your shoes throughout the motion. Do not let your knees move forward over your toes. Keep your chest up and look forward. Exhale and press through your heels to stand back up.
Dumbbell Reverse Lunge

Select dumbbells. Stand upright and hold the dumbbells by your sides. Draw your shoulder blades down and back to stabilize your shoulders.

(Similar variations include walking lunges, stationary lunges, and forward stepping lunges.)

Step back with your right foot. Lunge down so both knees form 90° angles. Keep your torso upright. Do not let your left knee move forward over your toes. Do not bang your back knee on the floor. Lift your toes inside of your left shoe. Press through your left heel to stand back up. After you have completed one set, repeat on the opposite leg.
Medicine Ball Step-up

Position the box for a 12 inch or 18 inch step height. Choose a box height that allows your right thigh to form a 90° angle as shown above. Practice this exercise without weights until you feel comfortable with the motion. Select a weighted Medicine Ball if desired. Place your entire right foot on the center of the box. Lift your toes inside of your right shoe to shift the weight back onto your heel.

Use the strength of your right leg to step up onto the box. Try not to use your left leg. Carefully step down with your left leg. Complete one set with the right foot on the step and repeat on the other side.
Straight Leg Barbell Deadlift

Select a weighted barbell. Stand with your feet hip distance apart and your knees straight but not locked. Place hands shoulder width apart on the bar with an overhand grip. Draw your shoulders down and back to stabilize your shoulder blades.

Inhale and hinge forward from your hips. Lower the bar toward the floor. Keep your knees slightly bent and your back flat throughout the motion. Beginners may want to stop when the back is parallel to the floor. At the bottom of the motion engage your hamstrings. Exhale and stand up with a flat back.
The stability ball recruits more muscles than a basic crunch because it creates an unstable environment. The weighted medicine ball adds resistance. Sit on the ball as shown with the middle of your back on the ball. Keep your neck in alignment with your spine. Do not pull on your neck or dig your chin into your chest. Keep your back straight and feet flat on the floor.

Exhale and lift your shoulder blades off of the ball. Think about bringing your rib cage toward your pelvis. Pause briefly. Inhale and slowly return to the starting position.