

Superset 3: Week 9, Day 1

Directions

Complete a full dynamic warm-up before doing the workout. The chart below breaks down the workout. Some exercises include two variations. Choose the one that works best for you.

Perform each circuit for the designated number of reps or time unless otherwise noted. Complete the first circuit before moving on to the second. Perform three sets (three times through all exercises) in each circuit. Rest as little as possible between exercises. For all single-arm or single-sided exercises, complete the repetitions on both sides before moving on to the next exercise.

Are you interested in following along by video? [View the full video here.](#)

CIRCUIT 1	LBS	REPS/TIME
<u>SQUAT (GOBLET OR TWO DUMBBELLS, WITH OR WITHOUT PULSE)</u>		45 seconds
<u>WALL SIT OR ISOMETRIC SQUAT</u>		30 seconds
<u>ARNOLD PRESS</u>		45 seconds
<u>LATERAL RAISES</u>		30 seconds

CIRCUIT 2	LBS	REPS/TIME
<u>PRONE A-PULSES (PALMS UP)</u>		45 seconds
<u>PRONE T-PULSES</u>		30 seconds
<u>DEAD ROW</u>		45 seconds
<u>BURPEES (ELEVATED OR FLOOR)</u>		30 seconds

CIRCUIT 3	LBS	REPS/TIME
<u>SIDE PLANK LIFT</u>		45 seconds
<u>MOUNTAIN CLIMBERS (ELEVATED OR FLOOR)</u>		30 seconds