



DIRECTIONS

Complete the [dynamic warm-up](#) before doing the workout. The chart below breaks down the workout. There may be two variations for some exercises — choose what works best for you. Perform the circuit of exercises for the designated number of reps or time, unless otherwise noted. Complete the first circuit before moving on to the second. Complete three sets (three times through all the exercises) in each circuit. There should be minimal rest between exercises. For all single-arm or single-sided exercises, perform repetitions on both sides before moving on to the next exercise.

Are you interested in following along by video? View the full [Week 14, Day 1 workout!](#)

CIRCUIT 1	LBS.	REPS
<u>MONSTER WALK (BODYWEIGHT OR BANDED)</u>		10-12 reps or 40 seconds
<u>SQUAT WITH PULSE (GOBLET OR TWO DUMBBELLS)</u>		10-12 reps or 40 seconds
<u>ROMANIAN DEADLIFT</u>		10-12 reps or 40 seconds
<u>BICYCLE CRUNCHES (BODYWEIGHT OR BANDED)</u>		10-12 reps or 40 seconds

CIRCUIT 2	LBS.	REPS
<u>PUSH PRESS</u>		10-12 reps or 40 seconds
<u>SINGLE ARM ROW WITH ROTATION</u>		10-12 reps or 40 seconds
<u>CHEST FLY TO SKULL CRUSHERS</u>		10-12 reps or 40 seconds
<u>PLANK UP DOWNS</u>		10-12 reps or 40 seconds