

Complex Full Body 6: Week 5, 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>ALTERNATING SIDE LUNGE TO SQUAT (BODYWEIGHT OR DUMBBELLS)</u>		10-12 reps or 40 seconds
<u>SINGLE ARM ROW</u>		10-12 rep/side or 30 seconds/side
<u>CHEST PRESS TO CHEST FLY (FLOOR OR BENCH)</u>		10-12 reps or 40 seconds
<u>HIGH PLANK SHOULDER TAPS (THREE-SECOND HOLD)</u>		10-12 reps or 40 seconds

CIRCUIT 2	LBS	REPS/TIME
<u>REVERSE LUNGE TO FORWARD LUNGE (BODYWEIGHT OR DUMBBELLS)</u>		10-12 rep/side or 30 seconds/side
<u>INCHWORMS (+PUSHUP)</u>		10-12 reps or 40 seconds
<u>REVERSE BICEP CURL TO SIDE RAISE</u>		10-12 reps or 40 seconds
<u>WINDSHIELD WIPERS (STRAIGHT LEG OR BENT KNEE)</u>		10-12 reps or 40 seconds