



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 1, Day 1 workout!](#)

CIRCUIT 1	LBS.	REPS
AIR SQUAT OR SQUAT		8-10 reps or 30 seconds
BENT ROW		8-10 reps or 30 seconds
STANDING CHEST FLY OR CHEST FLY (FLOOR OR BENCH)		8-10 reps or 30 seconds
X-STEPS OR X-JUMPS		8-10 reps or 30 seconds

CIRCUIT 2	LBS.	REPS
JACK STEPS OR JUMPING JACKS		8-10 reps or 30 seconds
BIRD DOG		8-10 reps or 30 seconds
LOW PLANK (KNEES DOWN OR UP)		8-10 reps or 30 seconds
GLUTE BRIDGE TAPS (BODYWEIGHT OR DUMBBELLS)		8-10 reps or 30 seconds