DIRECTIONS

Complete the dynamic warm-up before doing the workout. The chart below breaks down the workout. Perform the exercise circuits 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. For an added challenge, you may complete up to four or five sets. There should be minimal rest between exercises. For all single-leg or single-sided exercises, perform repetitions on both sides.

Are you interested in following along by video? View the full week 2 workout!

CIRCUIT 1	LBS.	SET	SET	SET
GOBLET SUMO SQUAT		8-10 reps or 30 seconds	8-10 reps or 30 seconds	8-10 reps or 30 seconds
BENT ROW		8-10 reps or 30 seconds	8-10 reps or 30 seconds	8-10 reps or 30 seconds
PUSH-UPS		8-10 reps or 30 seconds	8-10 reps or 30 seconds	8-10 reps or 30 seconds

CIRCUIT 2	LBS.	SET	SET	SET
SINGLE LEG SPRINTERS		15 seconds	15 seconds	15 seconds
WOOD CHOP		4-5 reps or 15 seconds	4-5 reps or 15 seconds	4-5 reps or 15 seconds
SIDE PLANK		15 seconds	15 seconds	15 seconds