



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 2 workout!](#)

| CIRCUIT 1 | LBS. | REPS |
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|---|--|--------------------------|
| SIDE LUNGE TO HAMMER CURL | | 10-12 reps or 40 seconds |
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| PUSHUPS WITH ROTATION (KNEES DOWN OR UP) | | 10-12 reps or 40 seconds |
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| HALF KNEELING WOODCHOP | | 10-12 reps or 40 seconds |
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| SKATER STEPS OR SKATER JUMPS | | 10-12 reps or 40 seconds |
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| CIRCUIT 2 | LBS. | REPS |
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| ROTATIONAL SQUAT HIGH PULL | | 10-12 reps or 40 seconds |
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| BENT ROW WITH TRICEP KICKBACK | | 10-12 reps or 40 seconds |
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| SINGLE LEG GLUTE BRIDGE TAPS | | 10-12 reps or 40 seconds |
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| BENT KNEE CRUNCHES OR DOUBLE CRUNCH | | 10-12 reps or 40 seconds |
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