



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 11, Day 2 workout!](#)

| CIRCUIT 1 | LBS. | REPS |
|---------------------------------------------------------------------------------|------|-------------------------|
| GOBLET SQUAT WITH PULSE | | 8-10 reps or 30 seconds |
| FRONT TO SIDE RAISE | | 8-10 reps or 30 seconds |
| CHEST FLY (FLOOR OR BENCH) | | 8-10 reps or 30 seconds |
| SKULL CRUSHERS (ONE DUMBBELL OR TWO DUMBBELLS) | | 8-10 reps or 30 seconds |
| CIRCUIT 2 | LBS. | REPS |
| LUNGE TO BICEP CURL | | 8-10 reps or 30 seconds |
| ECCENTRIC SINGLE ARM ROW | | 8-10 reps or 30 seconds |
| W PRESS | | 8-10 reps or 30 seconds |
| CRUNCH KNEE TO ELBOW OR BICYCLE CRUNCHES (BODYWEIGHT OR BANDED) | | 8-10 reps or 30 seconds |