



**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 4, Day 1 workout!](#)

<b>CIRCUIT 1</b>	<b>LBS.</b>	<b>REPS</b>
<a href="#">ECCENTRIC SQUAT (BODYWEIGHT OR DUMBBELLS)</a>		6 reps or 40 seconds
<a href="#">ECCENTRIC WIDE ROW</a>		6 reps or 40 seconds
<a href="#">ECCENTRIC CHEST FLY (FLOOR OR BENCH)</a>		6 reps or 40 seconds
<a href="#">ECCENTRIC DEAD BUG</a>		6 reps or 40 seconds

<b>CIRCUIT 2</b>	<b>LBS.</b>	<b>REPS</b>
<a href="#">ECCENTRIC REVERSE LUNGE (BODYWEIGHT OR DUMBBELLS)</a>		6 reps or 40 seconds
<a href="#">RAINBOW TAPS</a>		6 reps or 40 seconds
<a href="#">ECCENTRIC SKULL CRUSHERS (1 OR 2 DUMBBELLS)</a>		6 reps or 40 seconds
<a href="#">SIDE PLANK (KNEE DOWN OR LEGS STRAIGHT)</a>		6 reps or 40 seconds