



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 3, Day 2 workout!](#)

CIRCUIT 1	LBS.	REPS
SQUAT TO LEG LIFT (BODYWEIGHT OR BANDED)		10-12 reps or 40 seconds
ROW COMPLEX		10-12 reps or 40 seconds
CHEST PRESS TO SKULL CRUSHERS OR CHEST PRESS TO TRICEP PRESS (FLOOR OR BENCH)		10-12 reps or 40 seconds
HIGH PLANK SHOULDER TAPS (KNEES DOWN OR UP)		10-12 reps or 40 seconds
CIRCUIT 2	LBS.	REPS
SIDE LUNGE TO REVERSE LUNGE (BODYWEIGHT OR DUMBBELLS)		10-12 reps or 40 seconds
HAMMER CURL TO NEUTRAL PRESS		10-12 reps or 40 seconds
BURPEES (ELEVATED OR FLOOR)		10-12 reps or 40 seconds
SIDE PLANK WITH ROTATION (KNEE DOWN OR LEGS STRAIGHT)		10-12 reps or 40 seconds