



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 2 workout!](#)

CIRCUIT 1	LBS.	REPS
SIDE LUNGE (BODYWEIGHT OR DUMBBELLS, ALTERNATING OR SINGLE LEG)		10-12 reps or 40 seconds
ISOMETRIC BENT ROW		10-12 reps or 40 seconds
ALTERNATING CHEST PRESS (FLOOR OR BENCH)		10-12 reps or 40 seconds
POP SQUAT		10-12 reps or 40 seconds

CIRCUIT 2	LBS.	REPS
SWINGS		10-12 reps or 40 seconds
PUSHUPS OR ISOMETRIC PUSHUPS (KNEES DOWN OR UP)		10-12 reps or 40 seconds
PRONE T PULSES		10-12 reps or 40 seconds
GLUTE BRIDGE HOLD		10-12 reps or 40 seconds