

Complex Full Body 2: Week 4, Day 1

Directions

Complete a full dynamic warm-up before doing the workout. The chart below breaks down the workout. Some exercises include two variations. Choose the one that works best for you.

Perform each circuit for the designated number of reps or time unless otherwise noted. Complete the first circuit before moving on to the second. Perform three sets (three times through all exercises) in each circuit. Rest as little as possible between exercises. For all single-arm or single-sided exercises, complete the repetitions on both sides before moving on to the next exercise.

Are you interested in following along by video? [View the full video here.](#)

CIRCUIT 1	LBS	REPS/TIME
<u>SQUAT TO LEG LIFT (BODYWEIGHT OR BANDED)</u>		10-12 reps or 40 seconds
<u>ROW COMPLEX</u>		10-12 reps or 40 seconds
<u>CHEST PRESS TO SKULL CRUSHERS (FLOOR OR BENCH)</u> OR <u>CHEST PRESS TO TRICEP PRESS</u>		10-12 reps or 40 seconds
<u>HIGH PLANK SHOULDER TAPS (+ PUSHUP)</u> <u>(KNEES UP OR DOWN)</u>		10-12 reps or 40 seconds

CIRCUIT 2	LBS	REPS/TIME
<u>SIDE LUNGE TO REVERSE LUNGE (BODYWEIGHT OR DUMBBELLS)</u>		10-12 reps or 40 seconds
<u>HAMMER CURL TO NEUTRAL PRESS</u>		10-12 reps or 40 seconds
<u>BURPEES (ELEVATED OR FLOOR)</u>		10-12 reps or 40 seconds
<u>SIDE PLANK WITH ROTATION (KNEE DOWN OR LEGS STRAIGHT)</u>		10-12 reps or 40 seconds