

Complex Entire Workout 1: Week 6, 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 PRESS</u>		10-12 reps or 40 seconds
<u>PRONE LAT PULL DOWN</u>		10-12 reps or 40 seconds
<u>ALTERNATING ISOMETRIC CHEST PRESS (FLOOR OR BENCH)</u>		10-12 reps or 40 seconds
<u>FROG CRUNCH</u>		10-12 reps or 40 seconds

CIRCUIT 2	LBS	REPS/TIME
<u>GORILLA STEPS OR JACKS</u>		10-12 reps or 40 seconds
<u>DEADLIFT WITH BENT ROW</u>		10-12 reps or 40 seconds
<u>INCHWORMS (+PUSHUP)</u>		10-12 reps or 40 seconds
<u>FLUTTER KICKS</u>		10-12 reps or 40 seconds