



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

| <b>CIRCUIT 1</b>  | <b>LBS.</b> | <b>REPS</b>             |
|---|-------------|-------------------------|
| <a href="#">SINGLE LEG REVERSE LUNGES</a>                   |             | 8-10 reps or 30 seconds |
| <a href="#">ISOMETRIC PUSH UPS (KNEES UP OR DOWN)</a>       |             | 8-10 reps or 30 seconds |
| <a href="#">HALF KNEELING TRICEP OVERHEAD EXTENSION</a>     |             | 8-10 reps or 30 seconds |
| <a href="#">HIGH PLANK DUMBBELL PASS (KNEES DOWN OR UP)</a> |             | 8-10 reps or 30 seconds |

| <b>CIRCUIT 2</b>   | <b>LBS.</b> | <b>REPS</b>             |
|--|-------------|-------------------------|
| <a href="#">MONSTER WALKS (BODYWEIGHT OR BANDED)</a>                       |             | 8-10 reps or 30 seconds |
| <a href="#">ROW COMPLEX</a>  |             | 8-10 reps or 30 seconds |
| <a href="#">PRONE ANGEL WINGS</a>  |             | 8-10 reps or 30 seconds |
| <a href="#">SQUAT WITH HEEL RAISE OR SQUAT JUMP (BODYWEIGHT OR BANDED)</a> |             | 8-10 reps or 30 seconds |