



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 11, Day 1 workout!](#)

CIRCUIT 1	LBS.	REPS
SIDE LUNGE TO HAMMER CURL		10-12 reps or 40 seconds
PUSHUPS WITH ROTATION (KNEES DOWN OR UP)		10-12 reps or 40 seconds
HALF KNEELING WOODCHOP		10-12 reps or 40 seconds
SKATER STEPS OR SKATER JUMPS		10-12 reps or 40 seconds

CIRCUIT 2	LBS.	REPS
ROTATIONAL SQUAT HIGH PULL		10-12 reps or 40 seconds
BENT ROW WITH TRICEP KICKBACK		10-12 reps or 40 seconds
SINGLE LEG GLUTE BRIDGE TAPS		10-12 reps or 40 seconds
BENT KNEE CRUNCHES OR DOUBLE CRUNCH		10-12 reps or 40 seconds