

Complex Full Body 5: Week 5, Day 2

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>REVERSE LUNGE TO FORWARD LUNGE (BODYWEIGHT OR DUMBBELLS)</u>		10-12 reps or 40 seconds
<u>BENT ROW TO BICEP CURL</u>		10-12 reps or 40 seconds
<u>BEAR CRAWL (HOLD, CRAWL, DUMBBELL PULL THROUGH)</u>		10-12 reps or 40 seconds
<u>SIDE PLANK (KNEE DOWN OR LEGS STRAIGHT)</u>		10-12 reps or 40 seconds

CIRCUIT 2	LBS	REPS/TIME
<u>POP SQUAT</u>		10-12 reps or 40 seconds
<u>CHEST FLY TO SKULLCRUSHER (FLOOR OR BENCH)</u>		10-12 reps or 40 seconds
<u>BIRD DOG</u>		10-12 reps or 40 seconds
<u>LOW PLANK WITH HIP DIPS</u>		10-12 reps or 40 seconds