



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 9, Day 1 workout!](#)

CIRCUIT 1	LBS.	REPS
NARROW TO WIDE SQUAT		10-12 reps or 40 seconds
WALKING LUNGE (BODYWEIGHT OR DUMBBELLS)		10-12 reps or 40 seconds
MARCH IN PLACE OR HIGH KNEES		10-12 reps or 40 seconds
SIDE PLANK LIFT (KNEES DOWN OR UP)		10-12 reps or 40 seconds

CIRCUIT 2	LBS.	REPS
SINGLE ARM ISOMETRIC CURL		10-12 reps or 40 seconds
ISOMETRIC PUSHUPS (KNEES DOWN OR UP)		10-12 reps or 40 seconds
PRONE LAT PULL DOWN (BODYWEIGHT OR DUMBBELLS)		10-12 reps or 40 seconds
BURPEES (ELEVATED OR FLOOR)		10-12 reps or 40 seconds