

Lower Body/Upper Body Split 2: Week 9, 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>MONSTER WALKS (BODYWEIGHT OR BANDED)</u>		10-12 reps or 40 seconds
<u>SQUAT WITH PULSE (GOBLET OR TWO DUMBBELLS, WITH OR WITHOUT PULSE)</u>		10-12 reps or 40 seconds
<u>ROMANIAN DEADLIFT</u>		10-12 reps or 40 seconds
<u>BICYCLE CRUNCHES (BODYWEIGHT OR BANDED)</u>		10-12 reps or 40 seconds

CIRCUIT 2	LBS	REPS/TIME
<u>PUSH PRESS</u>		10-12 reps or 40 seconds
<u>SINGLE ARM ROW WITH ROTATION</u>		10-12 reps or 40 seconds
<u>CHEST FLY TO SKULL CRUSHER</u>		10-12 reps or 40 seconds
<u>PLANK UP-DOWNS</u>		10-12 reps or 40 seconds