

## Upper Body Focus 1: Week 11, 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>CHEST FLY (FLOOR OR BENCH)</u>		10-12 reps or 40 seconds
<u>BENT ROW</u>		10-12 reps or 40 seconds
<u>BICEP CURL TO HAMMER CURL</u>		10-12 reps or 40 seconds
<u>SIDE PLANK WITH ROTATION (KNEE DOWN OR LEGS STRAIGHT)</u>		10-12 reps/side or 30 seconds/side

CIRCUIT 2	LBS	REPS/TIME
<u>PUSHUPS WITH ROTATION (KNEES UP OR DOWN)</u>		10-12 reps/side or 40 seconds alternating
<u>REVERSE FLY</u>		10-12 reps or 40 seconds
<u>SKULL CRUSHERS (ONE DUMBBELL OR TWO DUMBBELLS)</u>		10-12 reps or 40 seconds
<u>CRUNCH KNEE TO ELBOW OR BICYCLE CRUNCHES</u>		10-12 reps/side or 40 seconds alternating