



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 3, Day 1 workout!](#)

CIRCUIT 1	LBS.	REPS
SQUAT TO REVERSE LUNGE (BODYWEIGHT TO DUMBBELLS)		8-10 reps or 30 seconds
BENT ROW WITH REVERSE FLY		8-10 reps or 30 seconds
BICEP CURL TO UNDERHAND FRONT RAISE		8-10 reps or 30 seconds
DISCUS SWINGS		8-10 reps or 30 seconds

CIRCUIT 2	LBS.	REPS
GLUTE BRIDGE TO LATERAL TAPS (BODYWEIGHT OR BANDED)		8-10 reps or 30 seconds
CHEST PRESS TO CHEST FLY (FLOOR OR BENCH)		8-10 reps or 30 seconds
SKULL CRUSHERS (ONE DUMBBELL OR TWO DUMBBELLS)		8-10 reps or 30 seconds
MOUNTAIN CLIMBERS (ELEVATED OR ON FLOOR)		8-10 reps or 30 seconds