



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 10, Day 1 workout!](#)

CIRCUIT 1	LBS.	REPS
ECCENTRIC SQUAT (BODYWEIGHT OR DUMBBELLS)		6 reps or 40 seconds
ECCENTRIC WIDE ROW		6 reps or 40 seconds
ECCENTRIC CHEST FLY (FLOOR OR BENCH)		6 reps or 40 seconds
ECCENTRIC DEAD BUG		6 reps or 40 seconds

CIRCUIT 2	LBS.	REPS
ECCENTRIC REVERSE LUNGE (BODYWEIGHT OR DUMBBELLS)		6 reps or 40 seconds
RAINBOW TAPS		6 reps or 40 seconds
ECCENTRIC SKULL CRUSHERS (1 OR 2 DUMBBELLS)		6 reps or 40 seconds
SIDE PLANK (KNEE DOWN OR LEGS STRAIGHT)		6 reps or 40 seconds