

## Complex Full Body 3: Week 4, 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>SINGLE LEG DEADLIFT (KICKSTAND OR BALANCE)</u>		10-12 reps or 40 seconds
<u>CLEAN AND PRESS</u>		10-12 reps or 40 seconds
<u>SHOULDER EXTERNAL ROTATION</u>		10-12 reps or 40 seconds
<u>REVERSE LUNGE WOODCHOP</u>		10-12 reps or 40 seconds

CIRCUIT 2	LBS	REPS/TIME
<u>SUMO SQUAT TO UPRIGHT ROW</u>		10-12 reps or 40 seconds
<u>HIGH PLANK WITH ROW (KNEES DOWN OR UP)</u>		10-12 reps or 40 seconds
<u>CHEST FLY TO PULLOVER (FLOOR OR BENCH)</u>		10-12 reps or 40 seconds
<u>DEAD BUG (BODYWEIGHT OR DUMBBELLS)</u>		10-12 reps or 40 seconds