

Superset 2: Week 8, 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 REVERSE LUNGE (BODYWEIGHT OR DUMBBELLS)</u>		8-10 reps or 30 seconds
<u>ISOMETRIC PUSHUPS (KNEES DOWN OR UP)</u>		8-10 reps or 30 seconds
<u>TRICEP OVERHEAD EXTENSION</u>		8-10 reps or 30 seconds
<u>HIGH PLANK DUMBBELL PASS (KNEES DOWN OR UP)</u>		8-10 reps or 30 seconds

CIRCUIT 2	LBS	REPS/TIME
<u>MONSTER WALKS (BODYWEIGHT OR BANDED)</u>		8-10 reps or 30 seconds
<u>ROW COMPLEX</u>		8-10 reps or 30 seconds
<u>PRONE ANGEL WINGS</u>		8-10 reps or 30 seconds
<u>SQUAT TO HEEL RAISE OR SQUAT JUMP (BODYWEIGHT OR BANDED)</u>		8-10 reps or 30 seconds