

Complex Entire Workout 3: Week 14, Day 1

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>DEAD ROW</u>		10-12 reps or 45 seconds
<u>SIDE PLANK WITH ROTATION (KNEE DOWN OR LEGS STRAIGHT)</u>		10-12 reps or 45 seconds
<u>POP SQUAT</u>		10-12 reps or 45 seconds
<u>BEAR CRAWL (HOLD, CRAWL, DUMBBELL PULL THROUGH)</u>		10-12 reps or 45 seconds

CIRCUIT 2	LBS	REPS/TIME
<u>CHEST PRESS TO CHEST FLY (FLOOR OR BENCH)</u>		10-12 reps or 45 seconds
<u>BULGARIAN SPLIT SQUAT (BODYWEIGHT OR DUMBBELLS) OR SPLIT SQUAT (BODYWEIGHT OR DUMBBELLS)</u>		10-12 reps or 45 seconds
<u>FRONT TO SIDE RAISE</u>		10-12 reps or 45 seconds
<u>REVERSE BICEP CURL</u>		10-12 reps or 45 seconds