

Lower Body/Upper Body Split 3: Week 8, 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>SINGLE ARM SNATCH (SINGLE SIDE OR ALTERNATING)</u>		8-10 reps/side or 30 seconds/side
<u>HAND-RELEASE PUSHUPS (KNEES UP OR DOWN)</u>		10-12 reps or 40 seconds
<u>PUSH PRESS</u>		10-12 reps or 40 seconds
<u>REVERSE BICEP CURL</u>		10-12 reps or 40 seconds

CIRCUIT 2	LBS	REPS/TIME
<u>SINGLE LEG DEADLIFT (KICKSTAND OR BALANCE)</u>		8-10 reps/side or 30 seconds/side
<u>ALTERNATING REVERSE LUNGE (BODYWEIGHT OR DUMBBELLS)</u>		10-12 reps or 40 seconds
<u>GLUTE BRIDGE TO LATERAL TAPS (BODYWEIGHT OR BANDED)</u>		10-12 reps or 40 seconds
<u>HEEL-ELEVATED SQUATS</u>		10-12 reps or 40 seconds