

**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.

Interested in following along by video? View the full [Pre-workout Video](#).

| CIRCUIT 1                                                                      | LBS. | REPS                    |
|--------------------------------------------------------------------------------|------|-------------------------|
| <a href="#">ROMANIAN DEADLIFT</a>                                              |      | 8-10 reps or 25 seconds |
| <a href="#">SINGLE-ARM ROW</a> OR <a href="#">SINGLE-ARM ROW WITH ROTATION</a> |      | 8-10 reps or 25 seconds |
| <a href="#">GLUTE BRIDGE HOLD</a> OR<br><a href="#">HAMSTRING GLUTE BRIDGE</a> |      | 8-10 reps or 25 seconds |
| CIRCUIT 2                                                                      | LBS. | REPS                    |
| <a href="#">PUSHUPS (KNEES UP OR DOWN)</a>                                     |      | 8-10 reps or 25 seconds |
| <a href="#">LOW PLANK (KNEES UP OR DOWN)</a>                                   |      | 25 seconds              |
| <a href="#">POP SQUATS</a>                                                     |      | 25 seconds              |