



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.

Are you interested in following along by video? View the full [Week 12, Day 2 workout!](#)

CIRCUIT 1

LBS.

REPS

[SQUAT PRESS](#)

8-10 reps or 40 seconds

[PRONE LAT PULL DOWN](#)

8-10 reps or 40 seconds

[ALTERNATING ISOMETRIC CHEST
PRESS \(FLOOR OR BENCH\)](#)

8-10 reps or 40 seconds

[FROG CRUNCH](#)

8-10 reps or 40 seconds

CIRCUIT 2

LBS.

REPS

[GORILLA STEPS OR JACKS](#)

8-10 reps or 40 seconds

[DEADLIFT WITH BENT ROW](#)

8-10 reps or 40 seconds

[INCHWORMS \(+PUSHUP\)](#)

8-10 reps or 40 seconds

[FLUTTER KICKS](#)

8-10 reps or 40 seconds