



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 5, Day 2 workout!](#)

CIRCUIT 1

LBS.

REPS

[SPLIT SQUAT](#) OR [REVERSE LUNGE](#)
(BODYWEIGHT OR DUMBBELLS)

10-12 reps or 40 seconds

[REVERSE FLY](#)

10-12 reps or 40 seconds

[PUSHUPS \(KNEES DOWN OR UP\)](#)

10-12 reps or 40 seconds

[SIDE PLANK \(KNEES DOWN OR LEGS STRAIGHT\)](#)

10-12 reps or 40 seconds

CIRCUIT 2

LBS.

REPS

[SUMO SQUAT \(BODYWEIGHT OR GOBLET\)](#)

10-12 reps or 40 seconds

[ALTERNATING BENT ROW](#)

10-12 reps or 40 seconds

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

10-12 reps or 40 seconds

[DEAD BUG \(BODYWEIGHT OR DUMBBELLS\)](#)

10-12 reps or 40 seconds