



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 8, Day 1 workout!](#)

CIRCUIT 1	LBS.	REPS
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ROMANIAN DEADLIFT (RDL)		10-12 reps or 40 seconds
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WOODCHOP		10-12 reps or 40 seconds
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ALTERNATING CHEST FLY (FLOOR OR BENCH)		10-12 reps or 40 seconds
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BIRD DOG		10-12 reps or 40 seconds
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CIRCUIT 2	LBS.	REPS
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SIDE STEPS (BODYWEIGHT OR BAND)		10-12 reps or 40 seconds
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UNDERHAND BENT ROW		10-12 reps or 40 seconds
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3-STEP ICKY STEP AND 3-STEP ICKY SHUFFLE		10-12 reps or 40 seconds
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PULLOVER (FLOOR OR BENCH)		10-12 reps or 40 seconds
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