

Back, Traps, Biceps



Jumping rope

1 set, 2-3 mins

CARDIO ACCELERATION (WARM-UP SETS)

Use light weight and stop each set short of failure. Perform the second movement in place of a rest period.



Lat pull-down

2 sets, 15-20 reps (no rest)



Jumping rope

2 sets, 1 mins (no rest)

CARDIO ACCELERATION

Perform the exercises in order, resting as little as possible between exercises or rounds.



Lat pull-down

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.

3 sets, 16-20 reps (no rest)



Jumping rope

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

Perform the exercises in order, resting as little as possible between exercises or rounds.



Behind-the-neck pull-down

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.
3 sets, 16-20 reps (no rest)



Side-to-side box skip

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

Perform the exercises in order, resting as little as possible between exercises or rounds.



Straight-arm rope pull-down

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.
3 sets, 16-20 reps (no rest)



Skip

Skip in place.

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

Perform the exercises in order, resting as little as possible between exercises or rounds.



Standing dumbbell shrug

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.

4 sets, 16-20 reps (no rest)



Smith Machine Hang Power Clean

4 sets, 1 mins (no rest)

CARDIO ACCELERATION

Perform the exercises in order, resting as little as possible between exercises or rounds.



Standing Biceps Cable Curl

Use an EZ-bar attachment, if possible. Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.

3 sets, 16-20 reps (no rest)



Dumbbell Lunges

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

Perform the exercises in order, resting as little as possible between exercises or rounds.



Alternating incline dumbbell biceps curl

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.

3 sets, 32-40 reps (alternating, 16-20 reps per side, no rest)



Dumbbell reverse lunge

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

Perform the exercises in order, resting as little as possible between exercises or rounds.



Hammer Curl

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.

3 sets, 16-20 reps (no rest)



Kettlebell Swing

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

Perform the exercises in order, resting as little as possible between exercises or rounds.



Seated palms-down wrist curl

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.

3 sets, 16-20 reps (no rest)



Jump Squat

3 sets, 1 mins (no rest)