

Shoulders, Legs, Calves



Dumbbell step-up

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.



Dumbbell Lateral Raise

2 sets, 5-10 reps (no rest)



Dumbbell step-up

2 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Dumbbell Lateral Raise

3 sets, 21-30 reps (no rest)



Dumbbell step-up

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Overhead bar front raise

3 sets, 21-30 reps (no rest)



Mountain climber

3 sets, 1 mins (no rest)

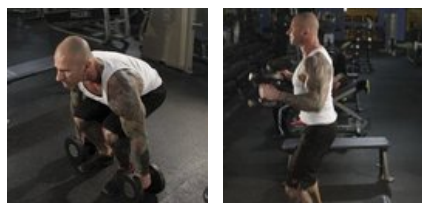
CARDIO ACCELERATION

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



Seated rear delt fly

3 sets, 21-30 reps (no rest)



Dumbbell Clean

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Leg Extension

4 sets, 21-30 reps (no rest)



Skip

Skip in place.

4 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Seated Leg Curl

4 sets, 21-30 reps (no rest)



Lateral hop

4 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Seated Calf Raise

3 sets, 21-30 reps (no rest)



Medicine ball slam

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Weighted donkey calf raise

3 sets, 21-30 reps (no rest)



Jumping rope

3 sets, 1 mins (no rest)