

Back, Traps, Biceps



Skip
Skip in place.
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.



Barbell Row
2 sets, 5-10 reps (no rest)



Skip
2 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Barbell Row
Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.
4 sets, 2-5 reps (no rest)



Skip
4 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Incline dumbbell row

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.
3 sets, 2-5 reps (no rest)



Goblet Squat

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Seated Row

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.
3 sets, 2-5 reps (no rest)



Box jump

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Barbell shrug

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

4 sets, 2-5 reps (no rest)



Dumbbell step-up

4 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Barbell Curl

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

3 sets, 2-5 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 Barbell Curl

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

3 sets, 4-5 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.



Reverse-grip barbell curl

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

3 sets, 4-5 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.



Standing behind-the-back wrist curl

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

3 sets, 4-5 reps (no rest)



Battle ropes

3 sets, 1 mins (no rest)