



Back, Traps, Biceps Multi-joint.



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 second movement in place of a rest period.



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



Skip
Skip in place.
2 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Barbell Row
4 sets, 9-11 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.



Dumbbell bent-over row

4 sets, 9-11 reps (no rest)



Goblet Squat

4 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Seated Row

3 sets, 9-11 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

4 sets, 9-11 reps (no rest)



Step-up with knee raise

4 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Barbell Curl

3 sets, 9-11 reps (no rest)



Kettlebell Swing

3 sets, 1 mins

CARDIO ACCELERATION

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



Preacher Curl

3 sets, 9-11 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

3 sets, 9-11 reps (no rest)



Bodyweight Reverse Lunge

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Seated palms-up wrist curl

3 sets, 9-11 reps (no rest)



Mountain climber

3 sets, 1 mins (no rest)