

## 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, 5-10 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, 12-15 reps (no rest)





Jumping rope

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, 12-15 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, 12-15 reps (no rest)





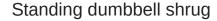
Skip

Skip in place.

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







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

4 sets, 12-15 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

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

3 sets, 12-15 reps (no rest)





Dumbbell reverse lunge

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, 24-30 reps (alternating, 12-15 reps per side, 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.





Hammer Curl

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

3 sets, 12-15 reps (no rest)





Kettlebell Swing

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, 21-30 reps (no rest)





Jump Squat
3 sets, 1 mins (no rest)