

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

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 step-up

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Single-arm cable front raise

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

3 sets, 12-15 reps (left side, no rest)



Single-arm cable front raise

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

3 sets, 12-15 reps (right side, no rest)



Mountain climber

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

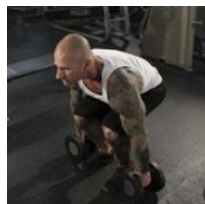
Perform the exercises in order, resting as little as possible between exercises or rounds.



Lying rear delt fly

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 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

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)



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

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)



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

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)



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

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

3 sets, 1 mins (no rest)