

Chest, Triceps, Abs



Step-up with knee raise

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 Bench Press - Medium Grip

2 sets, 5-10 reps (no rest)



Step-up with knee raise

2 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Barbell Bench Press - Medium Grip

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

4 sets, 9-11 reps (no rest)



Step-up with knee raise

4 sets, 1 mins (no rest)

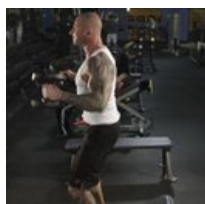
CARDIO ACCELERATION

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



Incline dumbbell bench press

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.
3 sets, 9-11 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.



Decline dumbbell bench press

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.
3 sets, 9-11 reps (no rest)



Running in Place

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Triceps dip

Add extra weight if necessary. Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.

4 sets, 9-11 reps (no rest)



Kettlebell Swing

4 sets, 1 mins (no rest)

CARDIO ACCELERATION

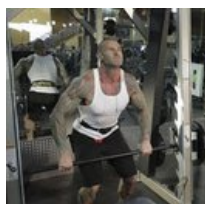
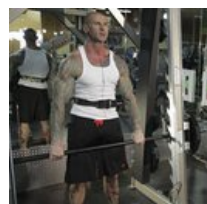
Perform the exercises in order, resting as little as possible between exercises or rounds.



Smith Machine Close-Grip Bench Press

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

4 sets, 9-11 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.



Press Sit-Up

Perform in a Smith Machine if possible. Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.

3 sets, 9-11 reps (no rest)



Bench skip

Perform on a low step if possible.

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Hanging leg raise

Add resistance with a medicine ball or dumbbell, if necessary. Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.

3 sets, 9-11 reps (no rest)



Step-up with knee raise

3 sets, 1 mins (no rest)