

Chest, Triceps, Abs



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.



Low-cable cross-over

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.



Low-cable cross-over

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

3 sets, 16-20 reps (no rest)



Jumping rope

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Cable Crossover

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.
3 sets, 16-20 reps (no rest)



Step-up with knee raise

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Dumbbell Fly

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.
3 sets, 16-20 reps (no rest)



Step-up with knee raise

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Cable overhead triceps extension

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

3 sets, 16-20 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.



Lying cable triceps extension

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

3 sets, 16-20 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.



Rope Press-Down

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

3 sets, 16-20 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.



Cross-Body Crunch

3 sets, 32-40 reps (alternating, 16-20 reps per side, 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.



Cable Cross-Body Pull

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

3 sets, 16-20 reps (left side, no rest)



Cable Cross-Body Pull

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

3 sets, 16-20 reps (right side, no rest)



Alternating lunge jump

3 sets, 1 mins (no rest)