



## 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, 21-30 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, 21-30 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, 21-30 reps (right side, no rest)



### Mountain climber

3 sets, 1 mins (no rest)

## CARDIO ACCELERATION

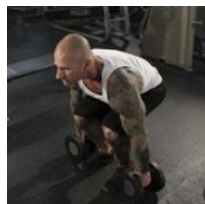
Perform the exercises in order, resting as little as possible between exercises or rounds.



### Lying rear delt fly

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

3 sets, 21-30 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

4 sets, 21-30 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, 21-30 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

4 sets, 21-30 reps (no rest)



### Medicine ball slam

4 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, 21-30 reps (no rest)



### Jumping rope

3 sets, 1 mins (no rest)