

## Back, Traps, Biceps



Skip  
Skip in place.  
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 Row  
2 sets, 5-10 reps (no rest)



Skip  
2 sets, 1 mins (no rest)

### CARDIO ACCELERATION

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



Barbell Row  
Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.  
4 sets, 6-8 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.



### Incline dumbbell row

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.  
3 sets, 6-8 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.



### Seated Row

Optionally, perform a cardio acceleration dropset at the end of the final set. See Training Guidelines for details.  
3 sets, 6-8 reps (no rest)



### Box jump

3 sets, 1 mins (no rest)

## CARDIO ACCELERATION

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



Barbell shrug

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

4 sets, 6-8 reps (no rest)



Dumbbell step-up

4 sets, 1 mins (no rest)

## CARDIO ACCELERATION

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



Barbell Curl

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

3 sets, 6-8 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.



### Seated Barbell Curl

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

3 sets, 6-8 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.



### Reverse-grip barbell curl

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

3 sets, 6-8 reps (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.



Standing behind-the-back wrist curl

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

3 sets, 6-8 reps (no rest)



Battle ropes

3 sets, 1 mins (no rest)