

Back, Traps, Biceps



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.



Lat pull-down

2 sets, 15-20 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.



Lat pull-down

3 sets, 21-30 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.



Reverse-grip lat pull-down

3 sets, 21-30 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.



Stiff-Arm Push-Down

3 sets, 21-30 reps (no rest)



Skip

Skip in place.

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Smith machine behind-the-back shrug

4 sets, 21-30 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.



Alternating incline dumbbell biceps curl

3 sets, 24-30 reps (alternating, 12-15 reps per side, no rest)



Bodyweight Reverse Lunge

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Overhead cable curl

3 sets, 21-30 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.



Cable rope hammer curl

3 sets, 21-30 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 palms-down wrist curl

3 sets, 21-30 reps (no rest)



Jump Squat

3 sets, 1 mins (no rest)