

## 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.



### Incline Dumbbell Fly

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.



### Dumbbell Fly

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.



### Cable Crossover

3 sets, 21-30 reps (no rest)



### Jump Squat

3 sets, 1 mins (no rest)

## CARDIO ACCELERATION

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



### Triceps Pushdown

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.



Standing Dumbbell Triceps Extension

3 sets, 21-30 reps



Kettlebell Swing

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

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.



### Crunches

3 sets, 21-30 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.



### Single-arm high-cable side bend

3 sets, 21-30 reps (left side, no rest)



### Single-arm high-cable side bend

3 sets, 21-30 reps (right side, no rest)



### Lateral hop

3 sets, 1 mins (no rest)