

Shoulders, Legs, Calves



Step-up with knee raise

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.



Seated barbell shoulder press

2 sets, 5-10 reps (no rest)



Step-up with knee raise

2 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Seated barbell shoulder press

4 sets, 9-11 reps (no rest)



Step-up with knee raise

4 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Alternating standing shoulder press

3 sets, 18-22 reps (alternating, 9-11 reps per side, 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.



Single-arm Smith machine upright row

3 sets, 9-11 reps (left arm, no rest)



Single-arm Smith machine upright row

3 sets, 9-11 reps (right side, no rest)



Running in Place

3 sets, 1 mins

CARDIO ACCELERATION

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



Barbell Squat

4 sets, 9-11 reps (no rest)



Battle ropes

4 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Barbell Deadlift

3 sets, 9-11 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.



Barbell walking lunge

3 sets, 18-22 reps (alternating, 9-11 reps per side, no rest)

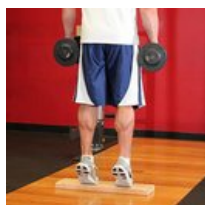
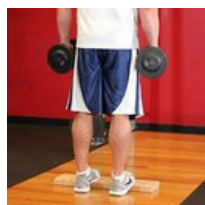


Mountain climber

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Standing Dumbbell Calf Raise

3 sets, 9-11 reps (no rest)



Lateral hop

3 sets, 1 mins (no rest)

CARDIO ACCELERATION

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



Seated Calf Raise

3 sets, 9-11 reps (no rest)



Skip

Skip in place.

3 sets, 1 mins (no rest)