

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, 2-5 reps (no rest)





Skip

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, 2-5 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, 2-5 reps (no rest)





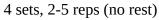
Box jump

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.







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, 2-5 reps (no rest)





Kettlebell Swing

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, 4-5 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, 4-5 reps (no rest)





Dumbbell Lunges

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, 4-5 reps (no rest)



Battle ropes
3 sets, 1 mins (no rest)