

Chest, Triceps, Abs

Single-joint.



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.



Incline Dumbbell Fly

3 sets, 12-15 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.



Dumbbell Fly

3 sets, 12-15 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, 12-15 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, 12-15 reps (no rest)

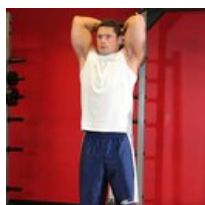
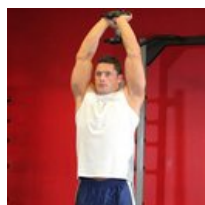


Side-to-side box skip

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, 12-15 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.



Lying cable triceps extension

3 sets, 12-15 reps (no rest)



Goblet Squat

3 sets, 1 mins (no rest)

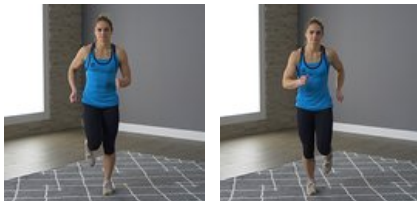
CARDIO ACCELERATION

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



Crunches

3 sets, 12-15 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, 12-15 reps (left side, no rest)



Single-arm high-cable side bend

3 sets, 12-15 reps (right side, no rest)



Lateral hop

3 sets, 1 mins (no rest)