

## Chest, Triceps, Abs



### 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.



### Barbell Bench Press - Medium Grip

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.



### Barbell Bench Press - Medium Grip

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)



### Step-up with knee raise

4 sets, 1 mins (no rest)

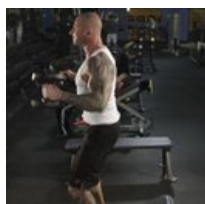
## CARDIO ACCELERATION

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



### Incline dumbbell bench press

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)



### Dumbbell Clean

3 sets, 1 mins (no rest)

## CARDIO ACCELERATION

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



### Decline Smith Machine Press

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)



### 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.



### Triceps dip

Add extra weight if possible. 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)



### Kettlebell Swing

4 sets, 1 mins (no rest)

## CARDIO ACCELERATION

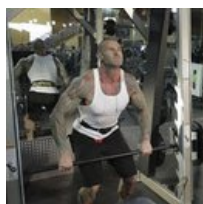
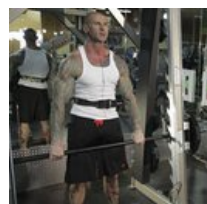
Perform the exercises in order, resting as little as possible between exercises or rounds.



### Close-grip bench press

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)



### 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.



Smith machine straight-legged hip raise

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)



Step-up with knee raise

3 sets, 1 mins (no rest)

## CARDIO ACCELERATION

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



Hanging leg raise

Add resistance from a medicine ball or dumbbell, if necessary. 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)



Bench skip

3 sets, 1 mins (no rest)