

# Rapid Fat Loss

**Training Style:** Perform aerobic exercise for 20seconds , take 10seconds rest , and repeat for 8 rounds.

Date

/ / / / / / / / / /

Rounds

60 second break between each completed round

Aerobic Training Exercises

Rounds

Lbs

Coaching Tip

Reps

Reps

Reps

Reps

Reps

Reps

Reps

Reps

Reps

BURPEE W/ KICK THROUGH

8

LATERAL KB SWING

8

SEATED REVERSE ROPE  
RUSSIAN TWIST W/ PRESS

8

PUSHUP W/ SHOULDER TAP

8

SQUAT UP/DOWN

8

TALL PLANK W/ KNEE CRUNCH

8

FORWARD JUMP W/ SPRINT

8

WALKOUT TO T-ROTATIONS

8

PREDATOR JACKS

8

MED BALL ROLLOVER STOMP

8