## 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								
WALKING PLANK W SHOULDER TAP	8											
OH MB WALL SIT	8											
ROPE WAVE LATERAL STEP SHUFFLE	8											
BOSU PLYO PUSH-UP	8											
STRAIGHT ARM PLATE CRUNCH	8											
BOTTOM HALF BURPEE	8											
KB SWING	8											
TRX OH SUMO SQUATS	8											
BEAR CRAWL KB DRAG	8											
PLYO STEP-UPS	8											