

# Rapid Fat Loss

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

Date

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Rounds

60 second break between each completed round

Aerobic Training Exercises

Rounds

Lbs

Coaching Tip

Reps

Reps

Reps

Reps

Reps

Reps

Reps

Reps

Reps

X-SQUATS

SLIDER PUSH-UPS

BENCH DIPS

KNEE TUCK TO JACKS

SPRAWL TO SQUAT HOLD

V-HOLD BICYCLES

LUNGE PRESS TO TWIST

FLUTTER KICKS AND SCISSORS

SL ELEVATED GLUTE BRIDGE

BOSU ALT ROPE SLAMS

modified version on knees

pelvis down to the ground (no push-up)

full round for each exercise then switch