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								
BATTLE ROPES W/SQUATS												
ALT. KETLLEBELL SWINGS												
MT. CLIMBERS												
KB SUNRISE/SUNSET												
STAR JUMP PUSH UPS												
TWISTING PISTONS												
KB SKIER HOPS												
MED BALL BURPEES												
JUMP ROPE												
LEG RAISE/REVERS CRUNCH												