Rapid Fat Loss

Training Style: Perform aerobic exercise for 20seconds, take 10seconds rest, and repeat for 8 rounds.												
			Date	/	/	/	/	/	/	/	/	/
			Rounds									
Appelia Testista a Foresta de	Os salvinas Tim	60 second break between each completed round Reps Reps Reps Reps Reps Reps Reps Reps										
Aerobic Training Exercises	Rounds	Lbs	Coaching Tip	Reps								
180 SQUAT JUMPS												
OH MB SIDE SHUFFLE												
CORK SCREWS												
PLYO TOE TAPS												
SINGLE LEG BURPEE												
JUMPING LUNGES												
NARROW STANCE SIDE TO SIDE ROPE SLAMS												
KB ALTERNATING PLANK												
WALL SIT												
SPIDERMAN PUSHUPS												