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 ROPE TO BURPEE (SLAM X3)												
PLATE STEERS												
PLANK LEG LIFT TO KNEE TUCK			on elbows									
MB OH PRESS SQUAT JUMP												
<u>SPRINTS</u>												
GLUTE BRIGE TO V-UP												
SIDE LUNGE TO KNEE HOP												
KNEELING RAINBOW SLAMS												
TRICEP DIP WITH TOE TOUCH												
PUNCH JACKS												