Rapid Fat Loss

			1101010									
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								
RESISTANCE BAND PULL												
APART/SHOULDER TAP BURPEE												
HIGH KNEES/SPRINT												
THOTTKINE ESTOTICITY												
ARCHER PUSHUPS/ARCHER												
<u>ROWS</u>												
PLYO STEP UPS												
<u> </u>												
MED BALL SLAM PUSHUP												
MED BALL GLAWT GOTTOT												
ROPE JACKS/SQUAT JUMP												
<u>SLAMS</u>												
BOSU UP DOWN PLANKS W/			handson bosu									
MOUNTAIN CLIMBER			Hariacon book									
MOBILE INCHWORM												
MODILL HOHWOKM												
CLOSEGRIP PUSHUP/JUMPING												
<u>JACKS</u>												
BICYCLES/STARFISH												
DICTOLLO/STAIN ISH												