

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

Coaching Tip

Reps

Reps

Reps

Reps

Reps

Reps

Reps

Reps

Reps

[CROSS BODY MOUNTIAN CLIMBERS](#)

[MED BALL SQUAT W/ SLAM](#)

[KB CHEST PUMP SWING](#)

[PUSHUP W/ SLALOM](#)

[STAGGERED SQUAT JUMP](#)

[WIDE STANCE BATTLE ROPE SNAKE WAVES](#)

[LATERAL STEP UP W/ KNEE DRIVE](#)

[KNEELING UP DOWNS](#)

[PLATE SIDE LUNGE W/ SLIDER](#)

[CONTRALATERAL DEADBUG](#)