

# Rapid Fat Loss

**Training Style:** Perform aerobic exercise for 20seconds , take 10seconds rest , and repeat for 8 rounds.

Date

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Rounds

60 second break between each completed round

Aerobic Training Exercises

Rounds

Lbs

Coaching Tip

Reps

Reps

Reps

Reps

Reps

Reps

Reps

Reps

Reps

[PUSH UP + SIT THROUGH](#)

[SQUAT HOLD + REV LUNGE](#)

[SIT UP + LEG RAISE](#)

[TUCK JUMP](#)

[HI PLANK WALK](#)

[BOSU HOP OVER](#)

[VS CLIMBER](#)

[TRX MUSCLE UP](#)

[BURPEE](#)

[3 WAY SQUAT THRUST](#)