## Rapid Fat Loss

Training Style: Perform aerobic exercise for 20seconds, take 10seconds rest, and repeat for alotted amount of rounds.													
			Date	/	/	/	/	/	/	/	/	/	/
			Rounds										
		Rest 60 seconds after every exercise completed											
Aerobic Training Exercises	Rounds	Lbs	Coaching Tip	Reps									
JUMPING MB SLAMS + ALT. PUSHUPS	8												
BOX SQUAT TO JUMP	8												
LOW BOX RUNNERS	8												
DUMBBELL CLEAN AND PRESS	8												
BOX THRUSTER	8												
PLYO PUSHUPS	8												
JUMP ROPE	8												
HIGH KNEES	8												
REVERSE LUNGE + OVERHEAD PRESS	8												
LEG/HIP RAISE	8												