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	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
2 SNATCH PULLS/SNATCH/OHS	8												
PLYO STEPUP	8												
PLANK/PUSH-UP/REACH	8												
TRX ROWS/ MTN CLIMBERS	8												
BURPEE TO BOX JUMP	8												
FLUTTER KICKS/ ISO HOLD	8												
SPRAWL TO OVER-HEAD PRESS	8												
MEDICINE BALL THROW TO SQUAT	8												
BACK LUNGE TO SQUAT	8												
DB ASSISTED SIT-UP	8												