Rapid Fat Loss

Training Style: Perform aerobic exercise for 20seconds, take 10seconds rest, and repeat for alotted amount of rounds.													
			Date	/	/	/	/	/	/	/	/	/	/
			Rounds			D + 00							
Aerobic Training Exercises Rounds Lbs			Constitution Tie	Rest 60 seconds after every exercise completed								Done	
Aerobic Training Exercises	Rounds	LDS	Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
<u>2 SPLIT SQUAT JUMPS INTO</u> <u>BURPEE</u>	8												
VALSLIDE HANDWALKS	8												
MB SHUTTLE RUN	8		pedal point out from center MB										
WEIGHTED JUMPING JACKS	8												
SHOULDER TAPS,BENCH PLANKS	8		tap the shouldersbench up up down down										
BOSU PUSHUPS	8												
BROAD JUMP, 180 DEGREE JUMP,BROAD JUMP	8												
ICE SKATERS	8												
LATERAL MOUNTAINS CLIMBERS	8												
5 DOUBLE ROPE SLAMS/ 5 SINGLE ROPE SLAMS	8		slam together/slam individually										