Cardio Acceleration

Training Style: Perform intense cardio exercises as fast as possible, for 3 rounds of 1 minute on/ 15 sec off												
			Date	/	/	/	/	/	/	/	/	/
Training Exercises	Exer#		Coaching Tip	Rest: 90 seconds between each set Reps Reps Reps Reps Reps Reps Reps								Reps
Training Exercises	LACI#		Coacining Tip	Reps	ιτομο	ιτομο	rteps	Neps	Перз	Перз	Перз	Reps
BATTLE ROPE COMPLEX	1		4 hip/ 4 traidtional									
2 ICE SKATERS + BALL SLAM	2											
JUMP ROPE	3											
TRANSVERSE BOX JUMP OVER + 4 MTN CLIMBERS	4											
PROWLER BURPEE	5											
REAL SUICIDE BURPEES	6											
TRX ALT. PLYO LUNGE/ TUCK JUMP	7											
5 MTN. CLIMBERS + SQUAT THRUST	8											
LEAP FROGS	9											
BUILDING LAPS	10		plank jax if raining									