Cardio Acceleration

Training Style: Perform intense cardio exercises as fast as possible, for 3 rounds of 1 minute on/ 15 sec off											
		Date	/	/	/	/	/	/	/	/	/
			Rest: 90 seconds between each set								
Training Exercises	Exer #	Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
TRX MOUNTAIN CLIMBERS	1										
SPRINT FORWARD, SIDE SHUFFLE BACK	2										
3 DOUBLE ROPE SLAMS TO SPRAWL	3										
TWISTING LADDER DRILL	4										
TRX SQUAT JUMPS	5										
BROAD JUMP MED BALL SLAM BURPEES	6										
BENCH JACKS	7										
PLYO STEP UPS	8										
SINGLE ARM DUMBBELL SNATCH	9										
BICYCLE CRUNCHES	10										