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	
SCISSOR JUMPS	1											
RAINBOW MB SLAMS	2											
BOSU BALL BURPEES	3											
LATERAL BOX SHUFFLES	4											
TRX SPRINTER START	5											
PLANK WALKS	6											
JUMP ROPE	7											
ALT. ROPE WAVE W/ REVERSE LUNGE	8											
2 IN, 2 OUT LATERAL LADDER DRILL	9											
MB SIT-UPS	10											