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
VALSLIDE MOUNTAIN CLIMBERS	1											
OUTSIDE CIRCLES W/ ROPE	2											
KICK SWING JUMP ROPE	3											
TRX ICE SKATERS	4											
MB SQUAT TOSS	5											
10 SIT UPS + 10 HEEL TOUCHES	6											
2 HANDS IN THE BOX LADDER DRILL	7											
FWD LUNGE W/ PLATE RAISE	8											
BURPEES W/ LAT. JUMP	9											
BOSU PLANKS	10											