## Rapid Fat Loss

Training Style: Perform aerobic exercise for 20seconds, take 10seconds rest, and repeat for alotted amount of rounds.													
			Date	/	/	/	/	/	/	/	/	/	/
			Rounds										
				Rest 60 seconds after every exercise completed									
Aerobic Training Exercises	Rounds	Lbs	Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
ZENA THROWS	8												
KNEELING JUMP UP AND SLAM	8												
PUSHUP + SQUAT THRUST	8												
MB SLAM + SPRAWL	8												
KB LEG DRIVERS	8												
GORILLA CRAWL	8												
LATERAL JUMP TO 90 DEGREE JUMP	8												
FIGURE 8'S	8												
VALSLIDE V TUCKS	8												
JUMP ROPE	8												