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
KNEELING DBL ROPE SLAMS	1											
KB DRAG THROUGHS	2											
CC WALKOUT	3											
HIGH PLANK STEP UP	4											
SQUAT JACK TO HIP THRUST	5											
WALKING LUNGE W/ KNEE DRIVE	6											
5 BANDED ROWS TO PAUSE	7											
5 FULL SIT-UPS TO 5 SUPERMANS	8											
5 JUMPING JACKS TO 5 PLANK JACKS	9											
STRICT BEAR CRAWL	10		Knees 2 inches off floor, stride 2-3 inches long									