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
WEIGHTED TUCK/SQUAT JUMPS	8												
CONE/BALL HOPOVER + 2 SPLIT JUMPS	8												
BEAR CRAWL PUSHUP REVERSE CRAWL	8												
ROPE SLAM VARIATION	8												
MB SIDE LUNGE + RAISE ON RETURN	8												
SLED PUSH	8												
SIDE SHUFFLE + 2 HOPS / SPRAWL	8												
SIT THROUGHS	8												
SPRAWL + 4 MTN CLIMBERS	8												
FROG PUSHUPS	8												