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
ANGRY ROPES	8												
ANGRY BALLS	8												
BOX JUMPS	8												
TWO PHASE WALKING LUNGES	8												
ALT LEG PUSHUPS	8												
BENCH HOPS	8												
MOUNTAIN CLIMBERS	8												
KB LEAP FROGS	8												
BURPEES	8												
JUMP ROPE	8												