		Cardio Acceleration									
Training Style: Perform intense cardio exercises as fast as possible, for 3 rounds of 1 minute on/ 15 sec off											
		Date	/	/	/	/	/	/	/	/	/
Training Exercises	Exer #	Coaching Tip	Rest: 90 s Reps	seconds be Reps	tween each Reps	Reps	Reps	Reps	Reps	Reps	Reps
BROAD JUMP 180 JUMP BROAD JUMP	1										
ICE SKATERS	2										
EXPLOSIVE OR PLYO PUSHUPS	3										
BLAST OFF SQUAT THRUSTS	4										
SEE-SAW LUNGES	5										
BENCH JACKS	6										
3 DOUBLE SLAMS 3 SINGLE SLAMS	7										
MB LATERAL	8										
PRISONER KILLER QUADS	9										
LATERAL MTN CLIMBERS	10										