			Rapid	Fat I	_05	S							
Training	Style	: Perfo	rm aerobic exercise for 20secor				and repe	at for alc	tted amo	ount of ro	unds.		
			Date	/	/	/	/	/	/	/	/	/	/
L			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
PLATE PUSH	8												
ICE SKATER JACKS	8												
MED BALL SLAM TO SIT- THROUGH	8												
TRX SPLIT SQUAT JUMPS	8												
COMMANDO FULL BODY JACK	8												
ROPE WAVE SQUAT JUMPS	8												
<u>STEP UP TO SQUAT</u> <u>THRUST</u>	8												
SPRINT DOWN / SIDE SHUFFLE BACK	8												
SPRAWL TO REVERSE LUNGE	8												
FULL BODY SCISSORS	8												