## **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
PLYO STEP UPS	1										
SIDE STEP MED BALL SLAMS	2										
BOSU BALL RUNNERS	3										
PLATE HIGH KNEES	4										
BENCH PUSH-UP TO JUMP	5										
REACH UP SIT-UP	6										
SQUAT JUMPS	7										
DEADLIFT HOPS	8										
JUMPING ROPE SLAMS	9										
SINGLE LEG JUMP ROPE	10										