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
PUSH UP JACK	8		Plank Jack as substitute										
TRX SQUAT JUMP	8												
SIDE PLANK TWISTS	8												
ALT. ROPE WAVE W/ SQUATS	8												
LUNGE CHOPS	8												
MB RAINBOW SLAMS	8												
BOSU LATERAL SHUFFLES	8												
FLUTTER KICKS	8												
PLANK WALKS	8												
MB THRUSTER THROWS	8												