## **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	
ROPE RUSSIAN TWIST	1											
AIRBORNE LUNGE	2											
VALSLIDE PIKES	3											
BOSU 3 PUSH-UPS, 1 SPRAWL	4											
5 JACKS, 1 BURPEE	5											
3 CONE DRILL	6											
AB - ROLL OUT	7											
2 SIT THROUGHS, 4 MOUNTAIN CLIMBERS	8											
JUMP ROPE	9											
<u>SIT-UPS</u>	10											