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
SPRINTER SIT UPS	1											
HIGH KNEE JUMP ROPE	2											
PLANK JACK ON MB	3											
3 ROPE SLAMS/1 PUSH UP	4											
CENTER HOP & SQUAT	5											
VALSLIDE MOUNTAIN CLIMBERS	6											
PLANK W/ ALT. LEG EXTENSION	7											
PLYO STEP UP W/ REACH	8											
BENCH HOPS	9											
BEAR CRAWL PLANK W/ SHOULDER TAPS	10											