## 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
FOOTBALL PLAYER UP- DOWNS	8												
PLANK SHOULDER TAP WALKS	8												
3 JUMPING JACKS, 3 SQUATS	8												
SUPERMAN ROPE SNAKES	8												
SPIDER-MAN PUSH-UPS	8												
MB CURL, PRESS, SLAM	8												
WALL SIT DRIVE THE BUS	8												
REVERSE CRUNCHES W/ PLATE	8												
BOSU SPLIT SQUATS+SPRAWL	8												
VALSLIDE PLANK REACHES	8												