Rapid Fat Loss

Training Style: Perform aerobic exercise for 20seconds, take 10seconds rest, and repeat for alotted amount of rounds.													
			Date	/	/	/	/	/	/	/	/	/	/
			Rounds			D + 00							
			.	Rest 60 seconds after every exercise completed									
Aerobic Training Exercises	Rounds	Lbs	Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
BURPEE+MB HOP+BURPEE	8												
VALSIDE MOUNTAN CLIMBERS	8												
HULK ROPE SLAMS	8												
PLYO ALT LUNGES W/MB TWIST	8												
KB SWING/KB THRUSTER	8												
PISTOL SQUAT JUMPS/TRX	8												
BEAR CRAWLS	8												
PLANK JACK W/PLANK UP	8												
MB OVERHEAD SQUAT W/SLAM	8												
BLAST OFF PUSHUPS	8												