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 BACK LUNGES	1											
FULL BODY MB SLAMS	2											
STEP UPS	3											
TRX PISTOL SQUATS	4											
PUSHUPS	5											
PLANKJACKS	6											
CHAIR POSE SQUAT JUMPS	7											
GOBLET JACKS	8											
VALSLIDE TURF RIDE	9											
NINJA BURPEE	10											