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
SPLIT SQUAT ROPE DRUMS	1											
DB SHADOW BOX	2											
ALT SA MB PUSH-UPS	3											
DB UP-DOWNS W/SHOULDER PRESS	4											
SIDE PLANK RAISES	5											
2-PHASE JUMP SQUATS	6											
HOLLOW HOLDS	7											
6 MOUNTAIN CLIMBERS, 1 SPRAWL	8											
MB CURL, MB FRONT RAISE	9											
RISER STACK RUSSIAN TWISTS	10											