# 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 |
| ROPE JUMPING JACKS | 8 | | | | | | | | | | | | |
| DB JUMP SQUAT TO PRESS | 8 | | | | | | | | | | | | |
| LEG RAISE TO TO TOUCH | 8 | | | | | | | | | | | | |
| SPEED BAND ROWS | 8 | | | | | | | | | | | | |
| BOSU SIDE TO SIDE STEPS | 8 | | | | | | | | | | | | |
| KB SWING JACKS | 8 | | | | | | | | | | | | |
| SPLIT SQUAT SIDE RAISE | 8 | | | | | | | | | | | | |
| TRX MOUNTAIN CLIMBERS | 8 | | | | | | | | | | | | |
| PUSH-UP TO KNEE TUCK | 8 | | | | | | | | | | | | |
| SUPERMAN | 8 | | | | | | | | | | | | |