## **Cardio Acceleration**

Training Style: Perform intense cardio exercises as fast as possible, 45sec on , 15 sec off for 4 rounds											
		Date	/	/	/	/	/	/	/	/	/
			Rest: 90 seconds after each completed round								
Training Exercises	Exer #	Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
ROPE HIP TO HIP SLAMS	1										
INCHWORM TO PUSHUP	2										
CRUNCHY FROG	3										
MEDICINE BALL JUMP SLAM	4										
DB SQUAT TO SINGLE LEG PRESS	5										
WIDE MOUNTAIN CLIMBERS W/ TWIST	6										
LEG LIFTS	7										
LAWNMOWER ROWS	8										
SINGLE LEG JUMP ROPE	9										
SHOULDER TAP KNEE TUCK	10										