Rapid Fat Loss

Training Style: Perform aerobic exercise for 20seconds , take 10seconds rest , and repeat for 8 rounds.

			Date	/	/	/	/	/	/	/	/	/
			Rounds									
				60 second break between each completed round								
Aerobic Training Exercises	Rounds	Lbs	Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
UP DOWN ROPE WAVES	8											
TRX FACEPULLS	8											
WALL SIT W BALL LIFTOFF	8											
BOX JUMPS	8											
PUSH-UP INTO SPIDERMAN CRUNCH	8											
IN & OUT LUNGES W VALSLIDES	8											
AB LEG RAISES ON BENCH	8											
INCH WORMS W PLANK JACK	8											
BOTTOM HALF BURPEES	8											
POWER JACK	8											