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
HOLD SQUAT BATTLE ROPE SLAMS	1											
PRISONER SQUAT JUMPS	2											
DUMBELL JACKS	3											
SIT UP TO SIDE PLANK	4											
CRAB ALT TOE TOUCH	5											
BOSU TOE TAPS	6											
DECLINE PLANK & SHOULDER TAPS	7											
KETTLEBELL FIGURE 8S	8											
STAR JUMP TO STANCE JACKS	9											
TRX REVERSE LUNGE AND JUMP	10											