

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