Rapid Fat Loss

Training Style: Perform aerobic exercise for 20seconds, take 10seconds rest, and repeat for 8 rounds.												
			Date	/	/	/	/	/	/	/	/	/
			Rounds		60 000	and brag	k botwor		omplotor	round		
Aerobic Training Exercises	Rounds	Lbs	Coaching Tip	Reps	Reps	Reps	Reps	Reps	completed Reps	Reps	Reps	Reps
TRX OH JUMP SQUATS	8											
SCISSOR KICKS	8											
AB WHEEL	8											
WEIGHTED HIGH KNEES	8											
<u>SUICIDES</u>	8											
BEAR CRAWL	8											
MED BALL SQUAT PRESS SLAM	8											
5 ROPE SLAMS INTO SPRAWL	8											
CONCENTRIC BOX JUMPS	8											
RUSSIAN TWISTS	8											