Cardio Acceleration													
Training Style: Perform intense cardio exercises as fast as possible, 45sec on , 15 sec off for										4 rounds			
			Date			/ Rest: 90 se	conds afte		pleted rour	/	/	/	
Training Exercises	Exer #	C	oaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	
ROPE TRICEP KICKBACKS	1												
DB PUNCHES + SQUAT	2												
PHYSIOBALL CORE CIRCLES	3												
FOOTBALL PLAYERS	4												
PLANK DB SLIDES	5												
ROPE CORE CHEST FLYS	6												
HOLLOW HOLD MB RAINBOWS	7												
RISER STACK RUSSIAN TWISTS	8												
DB JUMPING JACKS	9												
SUPERMAN HOLD ROWS	10												