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
DOWN & UP WITH JUMP	8											
PAUSE PUSH UPS	8											
ALT V UPS	8											
BURPEE TO BOX JUMP	8											
BATTLE ROPE SLAM & FOUR WAVES	8											
RAINBOW SLAMS	8											
ALT KETTLEBELL SWINGS	8											
TRX LUNGE BACK TO KNEE CRUNCH	8											
THRUSTER THROWS	8											
HIGH PLANK ALT TOE TOUCH	8											