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
JUMP SQUAT ROPE SLAMS	8											
CRABWALK	8											
OBLIQUE LEG LIFTS	8											
LATERAL VALSLIDE MOUNTAIN CLIMBERS	8											
5 BALL SLAMS + BURPEE	8											
BOSU PLANK JACKS + KNEE TUCK	8											
STANDING PLANK W/ ALT KICK	8											
VALSLIDE SEASAW LUNGE	8											
PLANK W/ DB AB TWIST	8											
SPRINT & BACK PADDLE	8											