Cardio Acceleration

Training Style: Perform intense cardio exercises as fast as possible, 45sec on , 15 sec off for 4 rounds

			Date	/	/	/	/	/	/	/	/	/
				Rest: 90 seconds after each completed round								
Training Exercises	Exer #		Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
LATERAL BOSU HOPS	1		Start w/ 1 foot on top of the bosu. Push off the ground foot and step to the side landing with one foot on ground and one foot on bosu. Repeat.									
ROPES - SUPER SLAMS	2		Jump and slam rope									
WOOD CHOPPERS W/ BANDS	3		Using a hi tethered resistance band, perform a wood chopper									
KB SWINGS	4											
PLATE PRESSES	5		Holding a plate at chest level, extend arms out and slightly up. 2 to the front, 2 to the left, 2 to the right, repeat. In Monroe, substitute KB, DB or ball for plate.									
BOB & WEAVE	6		Hold a KB at sternum with feet wider than your shoulders. Imagine a clothes line on one shoulder and duck your head under the clothesline and place it on the other shoulder. Imagine a bolw of cereal on your head and do not spill the milk. REPEAT.									
SIT THRU'S	7		Start in a crab position									
POWER PUSH UPS	8		Place a BB on the rack about hi[p hi. Assume a push up position. Go down and explode up letting go of the bar and grabbing it on the way down to decelerate. Alternative is on the bench.									
HAY BALERS	9											
BICYCLES	10											