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								
VALSLIDE CURTSY TO LATERAL LUNGES	8											
ALTERNATING PLANKS	8											
<u>JACKNIVES</u>	8											
JUMP SQUATS	8											
TRX PUSHUPS W/ ALTERNATING LEG	8											
BICYCLES	8											
BATTLE ROPE JUMPING JACKS	8											
STABILITY BALL OBLIQUE CRUNCHES	8											
KNEELING RAINBOW SLAMS	8											
BURPEES	8											