Cardio Acceleration

Training Style: Perform intense cardio exercises as fast as possible, for 3 rounds of 1 minute on/ 15 sec off

			Date	/	/	/	/	/	/	/	/	/
				Rest: 90 seconds between each set								
Training Exercises	Exer #		Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
MB CHOP/LIFT IN STATIC LUNGE	1											
10 DOUBLE ROPE SLAMS/10 SNAKES	2											
PLANK W/ ALT. LEG RAISE	3											
SIDE SHUFFLE DOWN, CARIOCA BACK	4											
AB IN N OUT AROUND CONE	5											
LATERAL BOX JUMP	6											
HANDS ON MB MOUNTAIN CLIMBERS	7											
BROAD JUMP W/ BACK PEDAL BACK	8											
SPRINTER SIT UPS	9											
SL LATERAL JUMP TO SPRAWL	10											