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
BOX JUMPS	1											
TRX PLYO SIDE JUMPS	2											
PYRAMID ROPE SLAM + BURPEE	3		start at 5 + buroee, then 4 and burpee									
SPRINT + BEAR CRAWL BACK	4											
JUMP ROPE	5											
PLANK + HOP FEET OVER BALL	6											
EVEREST MTN CLIMBERS	7		bosu ball									
MB NUKEUM	8											
LADDER DRILL	9		coach's choice									
HIGH KNEES	10											