Rapid Fat Loss

Training Style: Perform aerobic exercise for 20seconds, take 10seconds rest, and repeat for alotted amount of rounds.													
			Date	/	/	/	/	/	/	/	/	/	/
			Rounds										
				Rest 60 seconds after every exercise completed									
Aerobic Training Exercises	Rounds	Lbs	Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
ANGRY ROPES	8												
ANGRY BALLS	8												
BROAD JUMP HOPS BACK	8												
ALT LEG PUSHUPS	8												
BENCH HOPS	8												
ONE SIDED SPLIT JUMP	8												
KB SWING KB THRUSTER	8												
BEAR SHOULDER TAPS	8												
BOSU PUSHUPS	8												
JUMP ROPE	8												