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	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
ROPE WAVE STAND UPS	8											
INCHWORM TO FULL BODY PLANK JACKS X2	8		Leg only plank jack if full body is too difficult									
GROINER HOPS	8											
WIDE/NARROW PUSH-UP LADDER	8											
SPLIT SQUAT JUMP	8											
SUPERMAN FLUTTERS AND SUPERMAN SNOW ANGELS	8		Odd rounds are flutters. Even rounds are angels.									
SQUAT W/ DB CURL + KNEE RAISE	8											
SHOULDER TAP PLANK W/ LEG RAISE	8		opposite leg as arm									
BOOMERANGS	8											
3X BURPEE + SPRINT/BACKPEDAL	8											