


# FATBURNING H.R.

WARM R	CARDIO P	CORE D	TOTAL BODY D	BUTTOCKS D	CARDIO P									
	SKIP  360° SEAL JACK  DROP SQUAT  PRISONER + KNEE TO ELBOW	FLUTTER  SIDE PLANK +ROTATION  OTHER SIDE  SCISSOR  PLANK MILITARY  CROSS CRUNCH DX  CROSS CRUNCH SX  REVERSE CRUNCH+ SIT UP	SKATER+ BACK RUN  WALK WORM+ PUSH UP  SIDE RUN  LUNGES	HIP RAISE  DUCK SQUAT  KNEE ON GROUND+ S.KNEE/R. KICK  SQUAT WALK BACK/FRONT	RUN DX  RUN SX  BICYCLE  CLIMB									
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