


FATBURNING H.R.

WARM R	CARDIO P	TOTAL BODY R Tyre	ABS D	TOTAL BODY D	CARDIO P									
	LARGE SKIP+FIST CLIMB SQUAT+ FRONT KICK DX OTHER J.J. OPEN/CLOSE SPLIT JUMP TWERK	IN/OUT TYRE REAR LUNGES HALO TYRE SIDE SQUAT BURPEES TYRE REAR CROSS LUNGES TOES TAP TYRE SKI SQUAT	SINGLE LEG PULLOVER CRUNCH + HAND INTO LEG STAR PULLOVER CRUNCH + TAP ANKLE	SIDE SQUAT PUSH UP+ H.R. HIP RAISE DROP SQUAT	HOP ARM UP ROPE SEAL JACK BICYCLE									
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