


# FATBURNING H.R.

| WARM<br>R  | CARDIO<br>P  | TOTAL BODY<br>D   | BUTTOCKS<br>D  | TOTAL BODY<br>R<br>Med Ball   | CARDIO<br>P  |    |   |    |    |   |    |    |   |    |
|--|--|---|--|---|--|----|---|----|----|---|----|----|---|----|
|  | J.J.<br><br>TWERK<br><br>SQUAT+ KICK DX<br><br>OTHER<br><br>ALTERNATE FRONT KNEE<br><br>SIDE SQUAT<br><br>SUICIDE ON STAGE<br><br>AIR JACK | WALKING WORM<br><br>REVERSE PLANK<br><br>WALKING LUNGES<br><br>PUSH UP H.R. | HIP RAISE<br><br>SIDE POS. +<br>LEG BOUNCE 15'<br>LEG RAISE 15'<br><br>OTHER<br><br>SUPERMAN | KETTEL<br><br>CLEAN AND PRESS<br><br>OTHER<br><br>PLANK BALL          | SKIP<br><br>SEAL JACK<br><br>DROP SQUAT<br><br>BICYCLE |    |   |    |    |   |    |    |   |    |
|  | <table border="1"> <tr><td>20</td></tr> <tr><td>10</td></tr> </table>  | 20  | 10   | <table border="1"> <tr><td>30</td></tr> <tr><td>10</td></tr> </table> | 30   | 10 | <table border="1"> <tr><td>30</td></tr> <tr><td>10</td></tr> </table> | 30 | 10 | <table border="1"> <tr><td>30</td></tr> <tr><td>15</td></tr> </table> | 30 | 15 | <table border="1"> <tr><td>20</td></tr> <tr><td>10</td></tr> </table> | 20 |
| 20   |  |   |  |   |  |    |   |    |    |   |    |    |   |    |
| 10   |  |   |  |   |  |    |   |    |    |   |    |    |   |    |
| 30   |  |   |  |   |  |    |   |    |    |   |    |    |   |    |
| 10   |  |   |  |   |  |    |   |    |    |   |    |    |   |    |
| 30   |  |   |  |   |  |    |   |    |    |   |    |    |   |    |
| 10   |  |   |  |   |  |    |   |    |    |   |    |    |   |    |
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| 15   |  |   |  |   |  |    |   |    |    |   |    |    |   |    |
| 20   |  |   |  |   |  |    |   |    |    |   |    |    |   |    |
| 10   |  |   |  |   |  |    |   |    |    |   |    |    |   |    |