


FATBURNING H.R.

| WARM R | CARDIO P | CORE R TYRE | TOTAL B. D DUMBBELS | TOTAL BODY D | CARDIO P | | | | | | | | | |
|--|--|--|--|---|--------------------------------------|----|---|----|----|---|----|----|---|----|
|  | SKIP BASSO J.J. SPLIT JUMP SKIP H. KNEE TWERK SQUAT SUICIDE ON STAGE AIR JACK | CRUNCH IN COPPIA IN/OUT TOES TAP PLANK HOLD+ TAP SHULDER | SLAM DIAGONAL CHOP OTHER PISTOL | PUSH UP ON KNEE CRUNCH PLYO SQUAT SCISSOR | J.J. SUICIDE STEP POP SQUAT | | | | | | | | | |
| | <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 |
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