


# FATBURNING H.R.

WARM R	CARDIO P	TOTAL B R	CORE R	TOTAL BODY D TYRE MED/ BALL	CARDIO P									
	J.J.  DROP SQUAT  AIR JACK  TWERK  BICYCLE  PLANK MILITARY  SIDE SQUAT  3 HOPE 1 JUMP	REVERSE PLANK+ KICKS  HALF PUSH UP 2 REGULAR / 2 KNEE  POP SQUAT  PLANK HOLD+ 3 LEG JACK + 2 SIDE KNEE	ROLL  FLUTTER  ROLL  SCISSOR	CLAP CLAP SQUAT  TOES TAP  SIT UP SX/CENT/DX BALL  BURPEES TYRE	J.J.  SIDE RUN  LARGE SKIP+ UPPERCUT  SQUAT JUMP									
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