


FATBURNING H.R.

WARM R	CARDIO P	TOTAL B R	CORE D	TOTAL BODY R	CARDIO P									
	J.J. SIDE RUN CLIMB BICYCLE	PRISON POSITION + KNEE TO ELBOW DX OTHER PLANK JACK PLYO SQUAT	PULLOVER SIDE PLANK OTHER RUSSIAN	360° LUNGES DUCK SQUAT DIAMOND PUSH UP ON KNEE 360° KICKS	AIR JACK BUTT KICKS SKIP 180 POP DOUBLE SQUAT									
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