


FATBURNING H.R.

WARM R	CARDIO P	TOTAL BODY R	ABS D	TOTAL BODY D MEDBALL	CARDIO P
	J.J. TWERK SKIP RUN DX SKIP RUN SX SEAL JACK POP SQUAT <div style="display: flex; justify-content: center; align-items: center;"> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;">20</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;">10</div> </div>	SKATER LONG JUMP + BACK FAST RUN PUSH UP H.R. BRASILIAN <div style="display: flex; justify-content: center; align-items: center;"> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;">25</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;">10</div> </div>	SQUAT SKI POS.+ 2 FRONT LUNGES 2 REAR LUNGES REVERSE PLANK AIR PLAIN DX AIR PLAIN SX <div style="display: flex; justify-content: center; align-items: center;"> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;">30</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;">10</div> </div>	CRUNCH BALL SQUAT BALL LEG RAISE COPPIA OTHER ACTIVE REST CRUNCH SLOW SIDE POS. + KNEE TO ELBOW <div style="display: flex; justify-content: center; align-items: center;"> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;">25</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;">10"</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;">25</div> </div>	AIR JACK FEET OPEN CLOSE AIR JACK FEET OPEN CLOSE <div style="display: flex; justify-content: center; align-items: center;"> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;">20</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;">10</div> </div>