


FATBURNING H.R.

WARM R	CARDIO P	TOTAL BODY D Elast+ Dumbbells	TOTAL B D Med Ball	CORE D	CARDIO P										
	J.J. SUICIDE PLANK MILITARY LARGE SKIP SKIP TAP TWERK SPLIT JUMP BICYCLE	BICEPS FRONT SHOULDER SIDE SHOULDER TRICEPS	WALKING PUSH UP BALL BURPEES FRONT LUNGE BALL+ TORSION FRONT KICKS	CLIMB FLUTTER UP/DOWN PLANK + KNEE TO ELBOW PULLOVER SINGLE LEG ACTIVE REST SQUAT SKI PLYO SQUAT	MIX 60" STEP 30" MIX 60" STEP 30" MIX 60"										
	<table border="1"> <tr><td>20</td></tr> <tr><td>10</td></tr> </table>	20	10	<table border="1"> <tr><td>25</td></tr> <tr><td>10</td></tr> </table>	25	10	<table border="1"> <tr><td>30</td></tr> <tr><td>10</td></tr> </table>	30	10	<table border="1"> <tr><td>25</td></tr> <tr><td>25</td></tr> </table>	25	25	10"	<table border="1"> <tr><td></td></tr> <tr><td></td></tr> </table>	
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