


# FATBURNING H.R.

WARM R	CARDIO P	TOTAL BODY R	CORE D Med Ball	TOTAL BODY D	CARDIO P										
	<p>J.J.</p> <p>LARGE SKIP</p> <p>CLIMB</p> <p>PLANK MILITARY</p>	<p>SQUAT + WALK BACK/FRONT</p> <p>SKATER</p> <p>FRONT LUNGES</p> <p>3 HOP 1 JUMP</p>	<p>SIT UP BALL SX/CENT/DX</p> <p>FLUTTER KICKS</p> <p>CRUNCH + LAUNCE BALL CHANGE NEXT TURN</p> <p>SCISSOR</p>	<p>PLANK HOLD + 1 BRIDGE + 1 KNEE TO ELBOW</p> <p>SIDE SQUAT</p> <p>WALKING PUSH UP</p> <p>360° LUNGES</p> <p><b>ACTIVE REST</b> CRUNCH SLOW SPOON</p>	<p>AIR JACK</p> <p>SKIP+ FIST</p> <p>STEP FAST LOW</p> <p>TWERK</p>										
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