


FATBURNING H.R.

WARM R	CARDIO P	TOTAL B D Tyre	CORE D Med Ball	TOTAL BODY R	CARDIO P									
	J.J. CLIMB J.J. CLIMB SKIP SIDE SQUAT SKIP SIDE SQUAT	IN/OUT ROLL HIP RAISE FEET ON TYRE ROLL	RUSSIAN BALL PLANK SIT UP BALL REVERSE CRUNCH	PRISON + KNEE TO ELBOW FRONT/SIDE 4 PLYO SQUAT 4 PLYO LUNGES SUPERMAN CRAWL SQUAT + KICKS 360°	J.J. BICYCLE PLANK LEG JACK PUSH UP FAST/SHORT									
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