


FATBURNING H.R.

WARM R	CARDIO P	TOTAL BODY R	BUTTOCKS D	CORE D	CARDIO P										
	<p>J.J.</p> <p>TWERK</p> <p>SKIP</p> <p>SEAL JACK</p> <p>SIDE SQUAT</p> <p>FEET OPEN/CLOSE</p> <p>SPLIT JUMP</p> <p>1 J.J.</p> <p>1 SEAL JACK</p>	<p>WALKING PUSH UP</p> <p>SKI TO SUMO</p> <p>PLANK HOLD + ROTATION ARMS</p> <p>OZ SQUAT</p>	<p>KNEE GROUND + R.KICK +S. KNEE DX</p> <p>OTHER</p> <p>HIP RAISE</p> <p>SUPERMAN 5" UP/DOWN</p>	<p>STAR PULLOVER</p> <p>PRISON + KNEE TO ELBOW DX</p> <p>OTHER</p> <p>REVERSE CRUNCH+ SIT UP</p> <p>ACTIVE REST</p> <p>PLANK</p> <p>CRUNCH</p>	<p>BUTT KICKS</p> <p>LARGE SKIP</p> <p>PREDATOR JACK</p> <p>ROPE</p>										
	<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	<p>10"</p>	<table border="1"> <tr><td>20</td></tr> <tr><td>10</td></tr> </table>	20
20															
10															
25															
10															
30															
10															
25															
25															
20															
10															