


FATBURNING H.R.

| WARM R | CARDIO P | TOTAL B R MEDBALL | CORE D BOX | TOTAL BODY R | CARDIO P | | | | | | | | | |
|--|---|--|--|---|---|----|---|----|----|---|----|----|---|--|
|  | J.J. SKIP SUICIDE ON STAGE SPLIT JUMP TWERK SQUAT JUMP FEET OPEN/CLOSE CLIMB | KETTEL/CLEAN & PRESS SIT UP KETTEL/CLEAN & PRESS SLOW BICYCLE | CRUNCH LEGS ON BOX PLANK HOLD LEGS ON BOX TWIST LEG HANDS ON BOX HIP RAISE LEG ON BOX | 360° LUNGES ROLL 2 SQUAT + 1 BURPEES ROLL | 60" MIX 30" PLYO SQUAT 60" MIX 30" PLYO SQUAT 60" MIX | | | | | | | | | |
| | <table border="1"> <tr><td>20</td></tr> <tr><td>10</td></tr> </table> | 20 | 10 | <table border="1"> <tr><td>30</td></tr> <tr><td>10</td></tr> </table> | 30 | 10 | <table border="1"> <tr><td>30</td></tr> <tr><td>10</td></tr> </table> | 30 | 10 | <table border="1"> <tr><td>30</td></tr> <tr><td>15</td></tr> </table> | 30 | 15 | <table border="1"> <tr><td></td></tr> <tr><td></td></tr> </table> | |
| 20 | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |