


FATBURNING H.R.

WARM R	CARDIO P	TOTAL BODY R	ABS D	TOTAL BODY D	CARDIO /CORE P										
	SEAL JACK SIDE SQUAT SKIP + FIST DROP SQUAT	SIDE PLANK+ HIP RAISE+ LEG RAISE OTHER PLANK HOLD + TAP S.K.A. HIP RAISE + OPEN CLOSE KNEE	SIT UP 3/2/1 BACK CROSS CRUNCH DX CROSS CRUNCH SX SPOON	SQUAT JUMP WALKING PUSH UP SQUAT + REAR LEG RAISE DX OTHER ACTIVE REST PLANK WALL WALL SQUAT	FLUTTER SIDE POS. + KNEE TO ELBOW DX OTHER SCISSOR										
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