


# FATBURNING H.R.

WARM R	CARDIO P	TOTAL B R TYRE	CORE D	TOTAL BODY R	CARDIO P									
	J.J.  SKIP H.KNEE  CLIMB  BICYCLE  TWERK  DROP SQUAT  SEAL JACK  FEET OPEN/CLOSE	PLANK HOLD + KNEE TO ELBOW DX  OTHER  TYRE SQUAT COPPIA  TOES TAP	SIDE PLANK+ ROTATION ARM  OTHER  CANDLE + 2" STAY HOLD  RUSSIAN	MILITARY + LEG JACK  POP SQUAT  DIAMOND PUSH UP ON KNEE  360° KICKS	AIR JACK  STEP FAST LOW  SKIP 180  SUICIDE									
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