


FATBURNING H.R.

WARM R	CARDIO P	TOTAL BODY R	CORE D MEDBALL	TOTAL BODY D BOX	CARDIO P											
	<p>J.J.</p> <p>PLANK MILITARY</p> <p>SUICIDE ON STAGE</p> <p>DROP SQUAT</p> <p>SIKP +UPPERCUT</p> <p>SIDE SQUAT</p> <p>TWERK</p> <p>AIR JACK</p>	<p>WALKING LUNGES</p> <p>PLANK</p> <p>SKATER</p> <p>PLANK HOLD</p>	<p>LAUNCH BALL</p> <p>CHANGE</p> <p>REVERSE CRUNCH</p> <p>CRUNCH COPPIA</p>	<p>TRICEPS BOX</p> <p>ALTERNATE 1 LEG SQUAT</p> <p>BOX JUMP</p> <p>PUSH UP</p> <p>ACTIVE REST PLYO SQUAT FLUTTER</p>	<p>SIDE RUN</p> <p>FRONT KICKS</p> <p>CLIMB</p> <p>SKIP TAP</p>											
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