


FATBURNING H.R.

WARM R	CARDIO P	TOTAL B D DUMBBELLS	CORE R	TOTAL BODY R	CARDIO P									
	J.J. SUICIDE TWERK TAP JUMP PLANK + LEG JACK DROP SQUAT FEET OPEN/CLOSE LARGE SKIP	REAR CROSS LUNGES + SIDE SHOULDER SQUAT+ FRONT SHOULDER FRONT LUNGES+ HAND UP BICEPS	PULLOVER CRUNCH + HAND INTO LEG SIT UP + BACK ISO SLOW BICYCLE	PUSH UP H.R. 2 SQUAT 2 LUNGES PLANK HOLD + BRIDGE + PUSH UP SIDE LUNGES	SKIP + FIST AIR JACK TWERK SUICIDE ON STAGE									
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