


# FATBURNING H.R.

WARM R	CARDIO P	TOTAL BODY R	CORE D	TOTAL BODY D	CARDIO P
	J.J.  DROP SQUAT  SEAL JACK  POP SQUAT  FEET OPEN/CLOSE  AIR JACK  CLIMB  SQUAT JUMP  <div style="display: flex; justify-content: center; align-items: center;"> <div style="border: 1px solid black; padding: 2px 10px;">20</div> <div style="border: 1px solid black; padding: 2px 10px;">10</div> </div>	HALO  BURPEES  IN/OUT  PRISON POS.+ FRONT LUNGES ROTATION  TYRE  <div style="display: flex; justify-content: center; align-items: center;"> <div style="border: 1px solid black; padding: 2px 10px;">25</div> <div style="border: 1px solid black; padding: 2px 10px;">10</div> </div>	PLANK BALL + LEG TWIST  RUSSIAN  SIT UP BALL  4° TIBETANO  MEDBALL  <div style="display: flex; justify-content: center; align-items: center;"> <div style="border: 1px solid black; padding: 2px 10px;">30</div> <div style="border: 1px solid black; padding: 2px 10px;">10</div> </div>	JUMP LUNGES+ CENTRE  PLYO SQUAT  1 PUSCH UP+ 3 LEG JACK  2 CROSS REAR LUNGES 1 SQUAT  <b>ACTIVE REST</b> SQUAT SLOW CRUNCH SLOW  <div style="display: flex; justify-content: center; align-items: center;"> <div style="border: 1px solid black; padding: 2px 10px;">25</div> <div style="border: 1px solid black; padding: 2px 10px;">10"</div> <div style="border: 1px solid black; padding: 2px 10px;">25</div> </div>	60" MIX  30' PLYO SQUAT  60" MIX  30' PLYO SQUAT  60" MIX  <div style="display: flex; justify-content: center; align-items: center;"> <div style="border: 1px solid black; padding: 2px 10px;"></div> <div style="border: 1px solid black; padding: 2px 10px;"></div> </div>