


FATBURNING H.R.

WARM R	CARDIO P	CORE D	TOTAL BODY R	BUTTOCKS D	CARDIO P										
	<p>J.J.</p> <p>SKIP H.K.</p> <p>SPLIT JUMP</p> <p>WALKING SKATER + BACK RUN</p>	<p>PLANK ON TOES</p> <p>REVERSE CRUNCH</p> <p>CROSS CRUNCH DX</p> <p>OTHER</p>	<p>OZ SQUAT</p> <p>ALTERNATE FRONT KNEE</p> <p>SQUAT + WALK BACK/FRONT</p> <p>3 PLYO SQUAT 1 SQUAT JUMP</p>	<p>SIDE POS.+ LEG RAISE DX + BOUNCE</p> <p>OTHER</p> <p>3 BUTT KICKS+ DOUBLE POP SQUAT</p> <p>SUPERMAN+ LEGS CRAWL</p>	<p>SKIP 180°</p> <p>SIDE RUN</p> <p>TWERK</p> <p>SUICIDE ON STAGE</p>										
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