


# FATBURNING H.R.

| WARM<br>R  | CARDIO<br>P   | TOTAL BODY<br>R  | BUTTOCKS<br>D   | TOTAL BODY<br>R<br>TYRE   | CARDIO<br>P  |    |   |    |    |   |    |    |   |    |
|--|---|--|---|---|--|----|---|----|----|---|----|----|---|----|
|  | J.J.<br><br>LARGE SKIP<br><br>ROPE JACK<br><br>3 HOP+<br>1 JUMP       | MILITARY PUSH UP<br>3-2-1- STAY DOWN<br>HOLD<br><br>SHADOW JABS<br><br>SIT UP+ FIST<br><br>PLANK MILITAY | OZ SQUAT<br><br>SUPERMAN+<br>FROG ARMS<br><br>DONKEY KICKS<br><br>SINGLE LEG<br>SQUAT | CRUNCH COPPIA<br><br>SQUAT COPPIA<br><br>TOES TAP<br><br>IN/OUT       | AIR JACK<br><br>CLIMBER<br><br>SIDE RUN<br><br>TWERK |    |   |    |    |   |    |    |   |    |
|  | <table border="1"> <tr><td>20</td></tr> <tr><td>10</td></tr> </table> | 20   | 10  | <table border="1"> <tr><td>30</td></tr> <tr><td>10</td></tr> </table> | 30   | 10 | <table border="1"> <tr><td>30</td></tr> <tr><td>10</td></tr> </table> | 30 | 10 | <table border="1"> <tr><td>30</td></tr> <tr><td>15</td></tr> </table> | 30 | 15 | <table border="1"> <tr><td>20</td></tr> <tr><td>10</td></tr> </table> | 20 |
| 20   |   |  |   |   |  |    |   |    |    |   |    |    |   |    |
| 10   |   |  |   |   |  |    |   |    |    |   |    |    |   |    |
| 30   |   |  |   |   |  |    |   |    |    |   |    |    |   |    |
| 10   |   |  |   |   |  |    |   |    |    |   |    |    |   |    |
| 30   |   |  |   |   |  |    |   |    |    |   |    |    |   |    |
| 10   |   |  |   |   |  |    |   |    |    |   |    |    |   |    |
| 30   |   |  |   |   |  |    |   |    |    |   |    |    |   |    |
| 15   |   |  |   |   |  |    |   |    |    |   |    |    |   |    |
| 20   |   |  |   |   |  |    |   |    |    |   |    |    |   |    |
| 10   |   |  |   |   |  |    |   |    |    |   |    |    |   |    |