


FATBURNING H.R.

WARM R	CARDIO P	TOTAL BODY R	BUTTOCKS D BOX	TOTAL BODY R BOX	CARDIO P									
	J.J. RUN DX RUN SX PLANK + LEG JACK	WALKING PUSH UP WALKING LUNGES WALKING WORM SQUAT WALK+ BACK/FRONT	BOX JUMP SINGLE LEG SQUAT HIP RAISE BOX STATIC SQUAT	TRICEPS BOX SIDE POS.+ KNEE TO ELBOW DX STEP UP SIDE POS.+ KNEE TO ELBOW SX	SKIP H.K. WALKING SKATER + BACK RUN ROPE JACK 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														