


# FATBURNING H.R.

WARM R	CARDIO P	CORE R	TOTAL PLANK D	TOTAL BODY D	CARDIO P									
	J.J.  SHADOWN BOX  SPLIT JUMP  SPRINT+ BACK RUN	FLUTTER  PULLOVER  FLUTTER KICK UP/DOWN  REVERSE CRUNCH+ SIT UP  SPOON  BICYCLE  CRUNCH  SCISSOR	PLANK  SIDE PLANK+ HIP RAISE  OTHER  PLANK REVERSE+ KICKS	AIR PLAIN DX  OTHER  PLANK + ARM LEG RAISE  V SIT UP	FEET OPEN/CLOSE  CLIMBER  SUICIDE  SQUAT JUMP 360									
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