


FATBURNING H.R.

WARM R	CARDIO P	TOTAL BODY R	BUTTOCKS D	CORE/ABS D	CARDIO P
	J.J.	SQUAT	HIP RAISE	CROSS CRUNCH DX	SKIP+ FIST
	DROP SQUAT	FLUTTER	SUPERMAN	OTHER	STEP FAST/LOW
	JJ	SQUAT	HIP RAISE	SIDE POS.+CIRCLE	
	SUICIDE	SCISSOR	SQUAT + REAR KICK	OTHER	CLIMB
	JJ	SQUAT	HIP RAISE	CRUNCH	JJ
	OPEN/CLOSE	SIT UP	DUCK SQUAT	SIT UP	
	JJ	SQUAT	HIP RAISE	REVERSE CRUNCH	
	TWERK	REVERSE CRUNCH	POP SQUAT	RUSSIAN ACTIVE REST PLANK	
20	25	30	25	10"	40
10	10	10	25		20

