


# FATBURNING H.R.

WARM	CARDIO <b>P</b>	TOTAL B <b>D</b>	TOTAL B <b>D</b> TYRE	TOTAL B <b>R</b> DUMBBELLS	CARDIO <b>P</b>										
	J.J.  DROP SQUAT  TWERK  SIDE SQUAT	KNEE GROUND+ ARM /LEG RAISE 5"  PLANK + LEG RAISE 5"  SIT UP + BACK 3-2-1  PLANK + LEG TWIST	HOLA  PLANK+BRIDGE+ KNEE TO ELBOW  MILITARY TYRE  TOES TAP	SLAM  DIAGONAL CHOP  OTHER  PISTOL	60"MIX  30"PLYO SQUAT  60"MIX  30"PLYO SQUAT  60" MIX										
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