


FATBURNING H.R.

WARM R	CARDIO P	CORE D	TOTAL B R	ABS R	CARDIO P										
	SKIP + FIST SUICIDE TWERK SUICIDE ON STAGE J.J SIDE SQUAT CLIMB DROP SQUAT	SLOW SIT UP + BACK 3/2/1 SLOW BICYCLE SIDE PLANK+ KNEE TO ELBOW SLOW OTHER SIDE	REVERSE CRUNCH+ SIT UP WALKING PUSH UP WALKING LUNGES PLANK JACK	FAST SIT UP FAST BICYCLE SIDE POSITION + KNEE TO ELBOW FAST OTHER SIDE ACTIVE REST PLANK HOLD SLOW HIP RAISE	SQUAT JUMP TWERK 180°SKIP FRONT LUNGES PUSH UP FAST/SHORT LEG OPEN/CLOSE SEAL JACK SUICIDE										
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