


FATBURNING H.R.

WARM R	CARDIO P	BUTTOCKS R	CORE D MED BAL/TYRE	TOTAL BODY R	CARDIO P									
	J.J. SPRINT + BACK RUN MILITARY BICYCLE	KNEE GROUND+ 5"ARM/LEG RAISE PLYO SQUAT KNEE GROUND+ R.KICK+S.KNEE DX OTHER	SIT UP BALL IN/OUT TYRE SIT UP+ TAP SX/CENTRE/DX MILITARY TO PLANK HOLD TYRE	PRISON POSITION+ SIDE/CROSS KNEE TO ELBOW OTHER LONG JUMP+ 3 BACK HOP CROSS REAR LUNGES	60" MIX 30" STEP 60" MIX 30" STEP 60" MIX									
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