Cardio Acceleration

Training Style: Perform cardio exercise for 10 seconds on 10 seconds off for 10 rounds												
		Date	/	/	/	/	/	/	/	/	/	/
	Rest: 30-45bseconds between each set											
Training Exercises	Exer#	Coaching Tip	LBS									
MED BALL SLAM TO SPRAWL	1											
TRX DROP SQUATS	2											
SINGLE LEG BEAR CRAWL SPRINT	3											
JUMPING DOUBLE ROPE SLAM	4											
LATERAL BOX STEP OVERS	5											
KNEES TO ELBOWS PUSH <u>UPS</u>	6											
MED BALL RUSSIAN TWISTS	7											
<u>SIT OUTS</u>	8											
SPEED LADDER MUHAMMAD ALI'S	9											
ALTERNATING V SIT UPS	10											
GROINERS	11											
REVERSE LUNGE TO SINGLE LEG JUMP	12											