

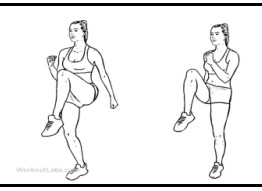

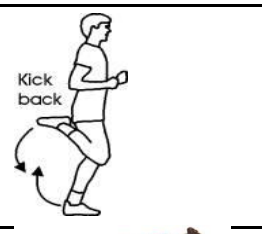
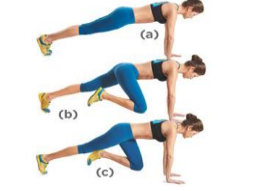
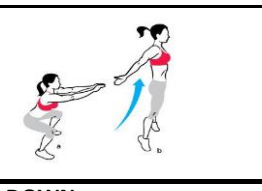


HOME WORKOUT	
Goal:	Cardio for fat burning
Trainer name:	Benine (benine@befitexercisestudio.co.za)
Date:	28 March 2020
Client:	

WARM-UP			
Mobilization		5min	
HIGH INTENSITY CARDIO			
Repeat each exercise 3 times doing it for 20sec and resting 10sec. Then rest 1 min before you go to the next exercise. I suggest downloading a interval timer app to make it easier to keep time.			
Burpees	3	20sec	
Star jumps	3	20sec	
High Knees	3	20sec	
Scissor Jump	3	20sec	
Bum Kicks	3	20sec	
Moantain Climbers	3	20sec	
Squat Jumps	3	20sec	
COOL-DOWN			
Stretches			