

LOSE YOUR LOVE HANDLES

ROUNDS: Beginner: x3 | Advanced: x4 | Expert: x5

WARMUP: Prepare your muscles by stretching them before using them.

1 45 seconds
On Point Punches
15 second pause



4 45 seconds
Front Jumping Jacks
15 second pause



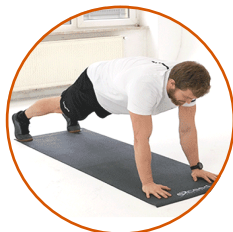
2 45 seconds
Burpees
15 second pause



5 45 seconds
Front Kick
15 second pause



3 45 seconds
Military Plank
15 second pause



COOLDOWN: Use a foam roller to relax your muscles.