



Maximum Fat Burning Workout

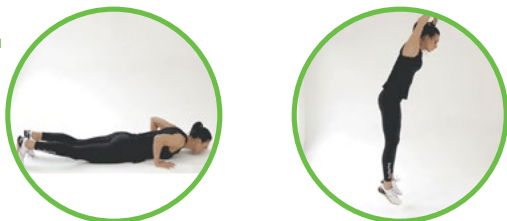
1



High Knees

50 seconds at full power | 10 seconds break

2



Burpees

50 seconds at full power | 10 seconds break

3



Broad Jumps

50 seconds at full power | 10 seconds break

4



Skater Jumps

50 seconds at full power | 10 seconds break

5



Military Plank

50 seconds at full power | 10 seconds break

6



Jumping Rope

50 seconds at full power | 10 seconds break



Warm-Up:

Prepare your muscles for the upcoming challenge with a short set of stretches.



Rounds:

Beginner: 3x

Advanced: 4x

Expert: 5x



Cool Down:

Roll out your muscles with a fascia roll.