

60 Minute Fat Burning Workout

3 minute run

Jumprope (30 sec.) 3 sets with a 15 sec. rest between each set.

1. Belly Blaster: alternate plank, tent (30)
 2. Static Plank (30 sec.)
 3. Right side plank (15 sec.)
 4. Left side plank (15 sec.)
 5. Jumping Jacks (30)
- (Repeat 1-5 for 3 sets, no rests)

6. Mountain climbers (30)
 7. Plank knee ins (30)
 8. V sit hold (30 sec.)
 9. Straight leg lifts (30)
- (Repeat 6-9 for 3 sets, no rests)

10. Power Jacks (30)
 11. Power run (30 sec.)
 12. Dumbbell squats (30) use 8 lb. weights
 13. Bicep curl with hip flexion, (Rt. leg 15, Left leg 15)
 14. Push ups (30)
 15. Forward lunges with dumbbells (8 lb) alt. legs (30)
 16. Dumbbell Squat with shoulder press (30) (8 lb)
- (Repeat 10-16 for 3 sets, no rests)