

TTT Fat Burner of the Month

Review the following guidelines to learn the proper technique for safely completing your Fat Burner.

Alternate Split Lunge Jumps: Complete 20 seconds of alternate split lunge jumps jumping up and landing with both feet at the same time. Rest for 40 seconds and repeat.

Step #1



Step #2



Step #3



Alternate Split Lunge Jumps

How To:

1. Stand with one foot about 2-3 feet in front of the other
2. Keep your arms out to your sides for balance
3. Lunge down toward the ground
4. As you go to stand back up jump from the lunged position into the air
5. Quickly switch legs in mid-air so that the back leg moves to the front & the front leg goes back
6. Absorb into the ground landing with both feet at the same time and easing into your next lunge
7. Continue jumping up and down from your lunge position & alternating legs with each jump
8. Aim for 20 seconds of alternate split lunge jumps followed by 40 seconds (or more) of rest
9. Remember to breathe naturally - ideally breathing in on the way down and out on the way up
10. Keep your back and chest upright
11. Always stop if you feel any pain or discomfort or if you get lightheaded or dizzy
12. Repeat 3-4 more times