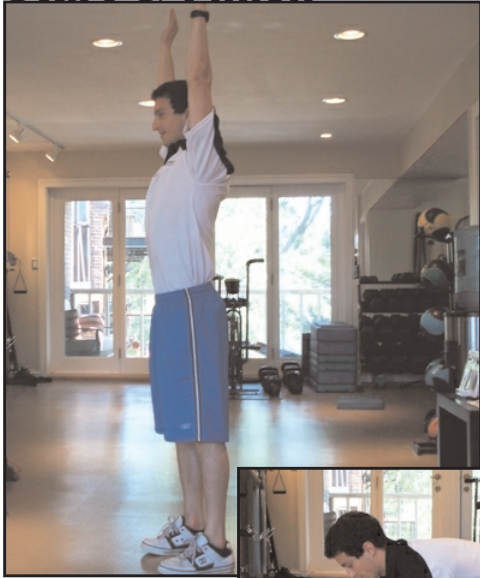


TTT Fat Burner of the Month

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

Squat Thrusts: Complete 10 squat thrusts as fast as you can with good form. Aim to keep 10 reps under 60 seconds. Rest 60-120 seconds & repeat 5-10x. Best done immediately following your TTT Workouts.

Start & Finish



Start of Squat Thrusts:

How To:

1. Stand up straight
2. Raise both hands above your head

Step #1

3. Squat down and touch both hands to the ground.

Step #2

4. Jump back with both feet (or move 1 leg back at a time)
5. Don't drop your hips and keep your core engaged in a push-up position
6. Complete 1 push-up

Step #3

7. Bring both feet back in just wider than your hands (either jump forward to bring them up or draw 1 leg in at a time)
8. From your bottom squat position push back up through your heels.
9. Stand back up straight.

10. Raise your hand above your head and repeat 9 more times!

13. Oh, and breathe! Don't hold your breath...

14. Always keep your reps at 10, but try to beat your previous best by doing them faster or with even better technique.

Step #1



Step #2



Step #3

