

TTT Fat Burner of the Month

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

20-20-20 Jumping Jacks: Complete 20 quarter jumping jacks, 20 “half jacks,” and 20 full jumping jacks as fast as you can with good form. Aim to keep all 60 reps under 60 seconds. Rest 60-120 seconds & repeat 5-10x. Best done immediately following your TTT Workouts.

Start & Finish



Step #1



Step #2



Step #3



Start of 20-20-20 JJ's:

How To:

1. Stand up straight with your feet together
2. Place both hands by your sides

Step #1: “Quarter Jacks”

3. Jump out slightly with your feet and raise your forearms up to your shoulders without moving your upper arms. Repeat for 20 reps.

Step #2: “Half Jacks”

4. Next, jump out just a little further on each of the next 20 reps while raising your arms to shoulder level.

Step #3: “Full Jumping Jacks”

5. Now complete 20 full jumping jacks jumping all the way out with your feet and raising your arms directly overhead.
6. Breathe naturally the whole time...
7. Complete all 60 repetitions and then rest for 1-2 minutes before repeating.