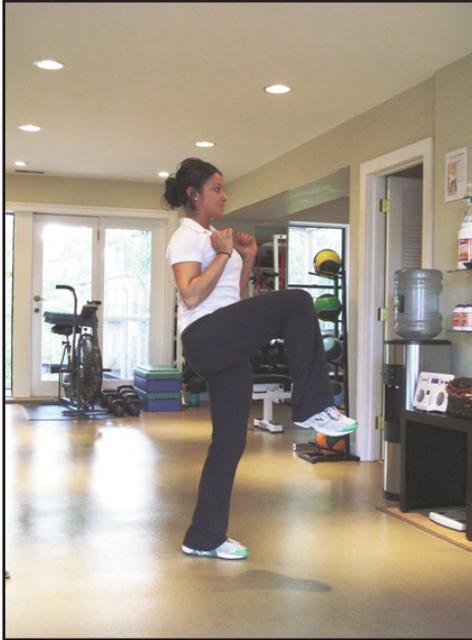


TTT Fat Burner of the Month

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

High Knees: Complete 60 seconds of high knees lifting your knees as high as you can with good form. Move your legs up and down as fast as you can. Rest for 30 -60 seconds and repeat.

Start & Finish



High Knees

How To:

1. Stand up straight with your feet hip width apart
2. Keep your arms up if in front of your body
3. Lift one knee as high as you can
4. Lower that leg same leg
5. Quickly lift the other
6. Continue to alternate legs rapidly
7. You should feel like you are running in place, but lifting your knees as high as you can
8. Continue doing high knees until you reach the 60 second mark or begin to lose form
9. Remember to breathe naturally
10. Keep your back and chest upright
11. Rest after 60 seconds
12. Repeat 3-9 more times

Step #2

