

TTT Fat Burner of the Month

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

Band Swings: Complete up to 30 seconds worth of repetitions as fast as you can with good form. Always swing in control and with a flat back and with your head looking forward. Rest 60 seconds & repeat.

Start & Finish



Midpoint



Band Swings

How To:

1. Attach a band as low as you can to a fixed object
2. Hold the band with both palms facing the ground
3. Stand with your feet shoulder width apart
4. Make sure there is tension on the band to start
5. Keep your chest up & your head looking forward
6. Sit back with your hips into a shallow squat
7. Swing forward with your hips and up with your arms moving up and away from the floor
8. Make sure you are swinging the band up by squeezing your glutes and driving your hips forward
9. Allow the band to come back towards the floor while you sit back into a shallow squat
10. Keep your core engaged & do not round out your back during the set
11. Rest for 60 seconds after you complete up to 30 seconds worth of repetitions
12. Repeat 2-4 more times