

# TTT Fat Burner of the Month

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

**Mountain Climber Tabata:** Complete 20 seconds of mountain climbers with good form. Rest for 10 seconds and repeat. Repeat up to 8 rounds for 4 minutes of total interval work.

## Step #1



## High Knees

### How To:

1. Place both hands on the floor just outside of your shoulders
2. Stretch your body out straight in a plank/push-up position
3. Lift your right leg off the ground and bring it into your abs
4. Return your right leg back to its starting place
5. Lift your left leg off the ground and bring that knee into your abs
6. Return your left leg to its starting place
7. You should feel yourself build up speed to the point where as 1 foot returns the other is already pulling into your abs for the next rep
8. Continue mountain climbers until your form falters or you have reached the 20 second mark
9. Remember to breathe naturally
10. Keep your core engaged and do not move anything except your legs
11. Rest for 10 seconds after 20 seconds of work
12. Repeat up to 7 more times

## Step #2

