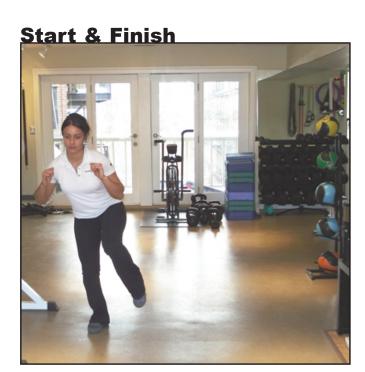
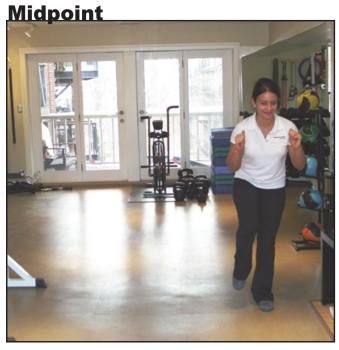
TTT Fat Burner of the Month

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

Speed Skaters: Complete 30 seconds of speed skaters jumping side to side landing on the outside leg. If you don't have a timer complete 20-30 repetitions. Rest for 60 seconds and repeat.





High Knees

How To:

- 1. Stand on your right leg with at least 6 feet of open space to your left
- 2. Bend your right knee and push off that leg leaping to your left
- 3. Land on your left leg and maintain balance
- 4. Keep your core right
- 5. Now jump off your left leg to your right side
- 6. Land on your right leg and maintain balance
- 7. As you feel more comfortable immediately jump off the leg you just landed on back to the other side
- 8. At this point you will feel yourself jumping side to side without stopping
- 9. To make the exercise more difficult jump as far as you can from side to side (about your body length)
- 10. Always maintain your balance and stop if you feel you are getting tired or losing form
- 11. Rest after 30 seconds
- 12. Repeat 2-4 more times