

# 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.

## Start & Finish



## Midpoint



## 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