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TOTAL FAT BURNING ZERO - 60 WORKOUT

Ready to rev up your metabolism? Get it going with this quick, total-body workout that complements your cardio routine perfectly.

10 Burpees

20 Squats

30 Alternating Lunges

40 Crunches (Toe Touches)

50 Jumping Jacks

60-Second Plank

[Rest 60 seconds]

Repeat 3 Times

[Follow with cardio or stretching]

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