

Start Date:		<b>A Shot of Adrenaline's 200 X 15 Fat Loss Workout</b>														
Week 1		Week 1					Week 2					Week 3				
Exercise		Day 1	Day 2	Day 3	Day 4	Day 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 1	Day 2	Day 3	Day 4	Day 5
Set 1	200 Jump Ropes															
	15 Burpees															
Set 2	200 Jump Ropes															
	15 Burpees															
Set 3	200 Jump Ropes															
	15 Burpees															
Set 4	200 Jump Ropes															
	15 Burpees															
Set 5	200 Jump Ropes															
	15 Burpees															
Set 6	200 Jump Ropes															
	15 Burpees															
Set 7	200 Jump Ropes															
	15 Burpees															
Set 8	200 Jump Ropes															
	15 Burpees															
Set 9	200 Jump Ropes															
	15 Burpees															
Set 10	200 Jump Ropes															
	15 Burpees															