

15 Minute Fat Burner Workout:

Instructions:

This is an intensive interval workout. It has 15 different exercises. You need to do each exercise for 45 seconds, and then take 15 seconds break before going to the next exercise. Your goal is to perform as many repetitions as possible in each interval.

If you are a beginner you will just start slower with fewer repetitions per interval and then advance as you practice this workout each time.

If you want to make longer workout complete two or more rounds.

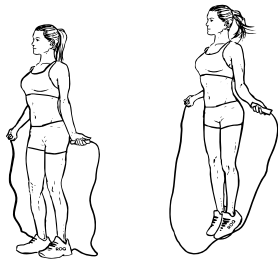
Exercises in this workout:

- Jump Rope
- Inchworms/ Walkouts
- 180 Twisting Jump Squats
- Bicycles
- Box Jumps
- Jumping Jacks
- Bodyweight Walking Lunges
- Plank Jacks
- Burpees/ Squat Thrusts
- Dead Bug
- Exploding Jumping Alternative Lunges
- Flutter Kicks
- Lounge/ Front Kicks/ Side Kicks
- Dive Bombers
- Standing Long Jumps

15 Minute Fat Burner Workout

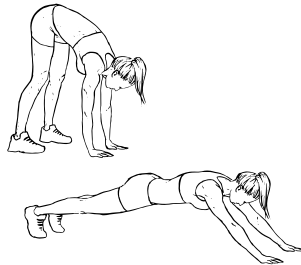
Abs, Back, Chest, Legs

Rope Jumping / Jump rope /
Skipping



45 secs

Inchworms / Walkouts



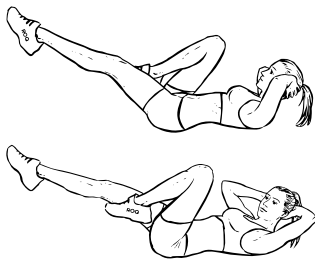
45 secs

180 / Twisting Jump Squats



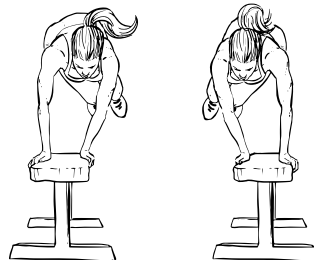
45 secs

Bicycles / Elbow-to-Knee Crunches /
Cross-body Crunches



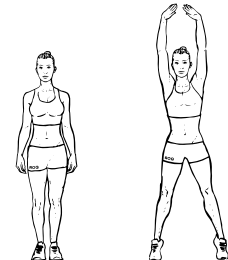
45 secs

Bench Hops / Box Jumps



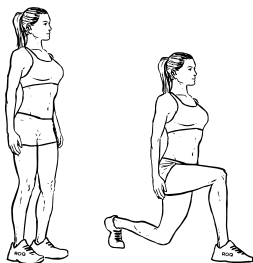
45 secs

Jumping Jacks / Star Jumps



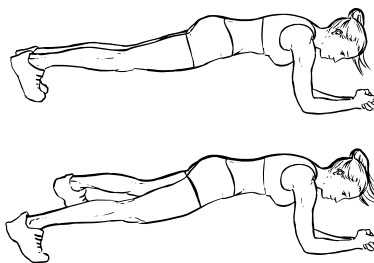
45 secs

Bodyweight Walking Lunges



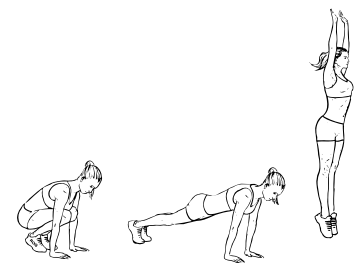
45 secs

Plank Jacks / Extended Leg



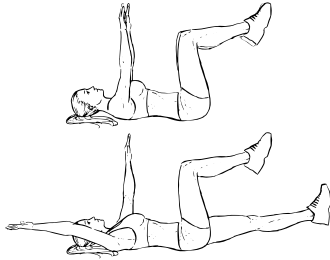
45 secs

Burpees / Squat Thrusts



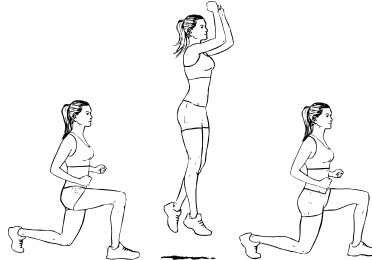
45 secs

Dead Bug



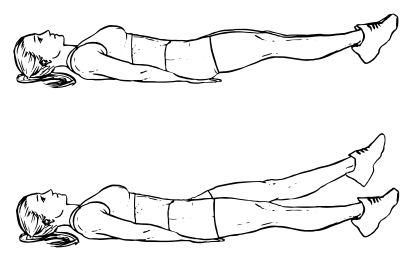
45 secs

Explosive Jumping Alternating Lunges



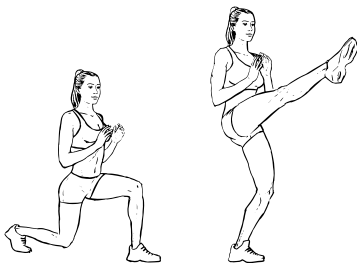
45 secs

Flutter Kicks



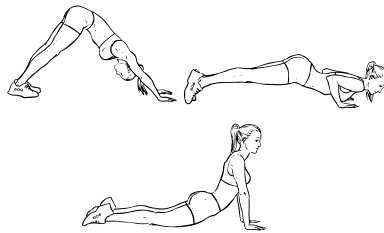
45 secs

Lunge / Front Kicks



45 secs

Hindu / Judo Push-up / Dive Bombers



45 secs

Standing Long Jumps



45 secs