

TTT Fat Burner of the Month

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

Mountain Climbers: Complete 30 seconds of Mountain Climbers. Rest 30-60 seconds and repeat 5-10x. Best done immediately following your TTT Workouts

Start&Finish

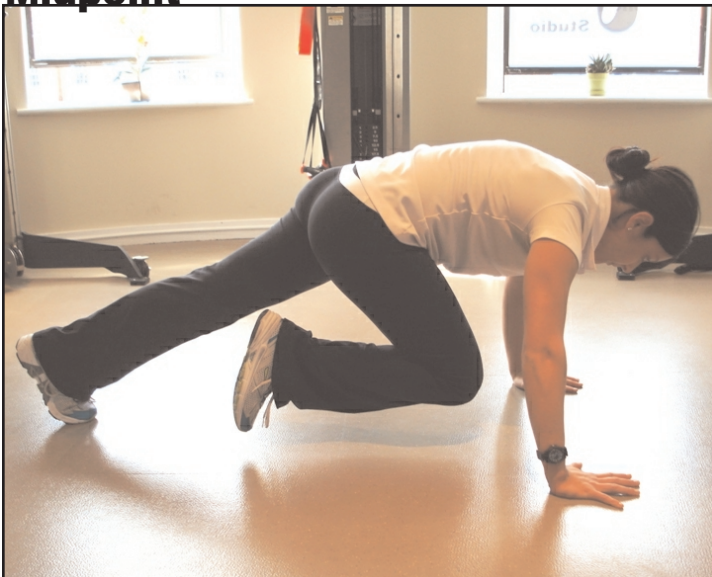


Start of Mountain Climbers

How To:

1. Get into a push-up position.
2. Place your hands and feet about shoulder width apart.
3. Keep your core engaged and do not allow your hips to fall or sink towards the floor.
4. Keep your knees and elbows slightly bent & never locked during the entire set.
5. Look straight down with your chin parallel to the ground the entire set.
6. Begin by drawing one leg into your stomach by lifting that foot off the ground.
7. Quickly move that leg back to its original position and then switch legs.

Midpoint



Midpoint of Mountain Climbers

How To:

8. Now bring the opposite leg into your stomach by lifting it completely off the ground as you did with the other.
9. Begin to build up speed alternating each leg back and forth.
10. Maintain a flat back with your core muscles engaged the whole time.
11. Remember to keep your shoulders over your hands the whole time in a push-up position.
12. Land only on the balls of your feet & quickly push off without allowing either side to rest.
13. Breathe! Don't hold your breath...
14. Keep pumping your legs for 30 seconds and then rest for 30-60 seconds before repeating.