



	1	2	3	4
	J	F	S	A
	20	20	20	25
5	6	7	8	9
S	F	A	P	F
20	20	25	30	20
10	11	12	13	14
P	S	J	P	F
30	20	20	40	20
15	16	17	18	19
A	J	S	M	F
25	20	20	40	20
20	21	22	23	
A	S	M	J	
25	20	60	40	

600 BASIC ACTIONS PROGRAM
(Fast Training Schedule)



600

100	J	JUMPs
100	F	FLEX
100	S	STRETCH
100	A	ABS
100	P	PUNCHs
100	M	MIX