



Workout of the Day















Tabata

Tabata Circuit - 20:10 Seconds On/Off

Work continuously for 20s completing as many reps as possible; then take 10s recovery before moving on to next exercise

4 ROUNDS - 2 MINUTES RECOVERY BETWEEN ROUNDS

Exercise	Hard	Medium	EASY
1	Burpee 	Low Box Jumps 	Jumping Jacks 
2	DL Lower 	SL Lower 	
3	Curtsy Lunge 	Walking Lunges 	
4	Feet Up Shoulder Press Up 	Shoulder Press Up 	Tricep Dips 
5	Tuck Jumps 	Pogo Jumps 	
6	High Knees 		
7	OH Squat 	BW Squat 	
8	2 Point Plank 	Plank & Reach 