



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	Lateral Bunny Hop
2	Tuck Jumps	Pogo Jumps	
3	OH Bodyweight Squat	Squats	
4	Push Up & Rotate	Feet Up Push Up	Push Up
5	Squat Jumps	Straddle Jumps	
6	High Knees		
7	Reverse Lunge to Hop	Reverse Lunge	
8	2 Point Plank	Plank & Reach	