



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	DL Lower 	SL Lower 	
3	Walking Lunges 	Reverse Lunge 	
4	Push Up & Rotate 	Feet Up Push Up 	Push Up 
5	Squat Jumps 	Straddle Jumps 	
6	High Knees 		
7	OH Squat 	BW Squat 	
8	2 Point Plank 	Plank & Reach 	