



# TABATA

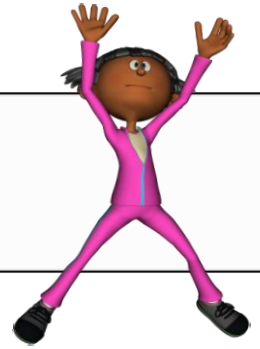


## 1. JUMPING JACKS



10 SEC REST

20 SEC MOVE

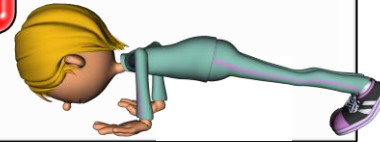


## 2. PUSH-UPS



10 SEC REST

20 SEC MOVE

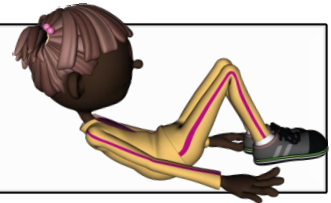


## 3. CRUNCHES



10 SEC REST

20 SEC MOVE

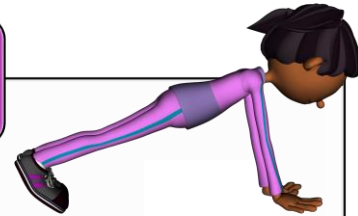


## 4. BURPEES



10 SEC REST

20 SEC MOVE

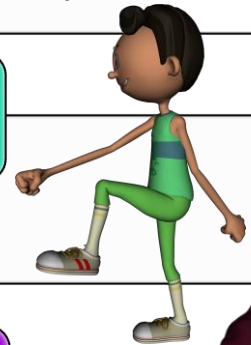


## 5. HIGH KNEES



10 SEC REST

20 SEC MOVE



## 6. JOG IN PLACE



10 SEC REST

20 SEC MOVE



# 1

## HIGH INTENSITY INTERVAL TRAINING



# TABATA



## 1. MOUNTAIN CLIMBERS



10 SEC REST

20 SEC MOVE

## 2. SQUATS



10 SEC REST

20 SEC MOVE

## 3. SIT-UPS



10 SEC REST

20 SEC MOVE

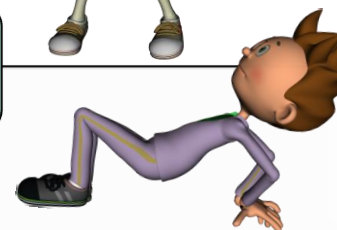
## 4. ARM CIRCLES



10 SEC REST

20 SEC MOVE

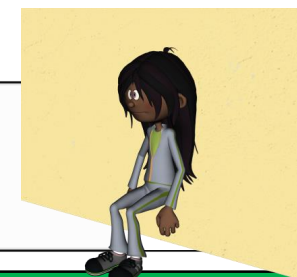
## 5. GROUND DIPS



10 SEC REST

20 SEC MOVE

## 6. WALL SIT



10 SEC REST

20 SEC MOVE

# 2

## HIGH INTENSITY INTERVAL TRAINING