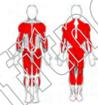


## WQD #27





## **Tabata**

8 rounds of 20 seconds of exercise followed by 10 seconds of rest



## 8 Rounds

Complete 8 rounds of each exercise below



## **Notes**

In each round, complete as many repetitions as possible in 20 seconds then rest for 10 seconds



Power Jacks

High-to-Low Plank

Dive Bomber Push Ups



ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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