



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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