



# TABATA

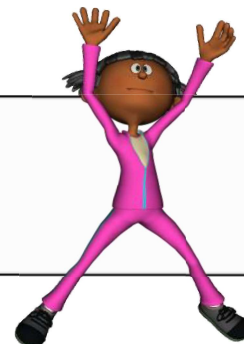


## 1. JUMPING JACKS



10 SEC REST

20 SEC MOVE



## 2. PUSH-UPS



10 SEC REST

20 SEC MOVE

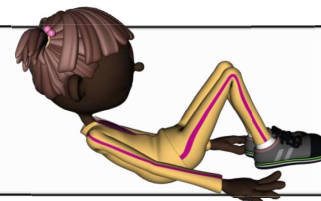


## 3. CRUNCHES



10 SEC REST

20 SEC MOVE

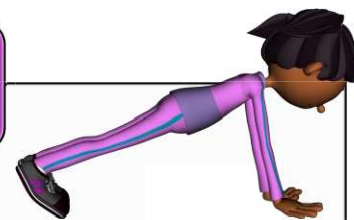


## 4. BURPEES



10 SEC REST

20 SEC MOVE

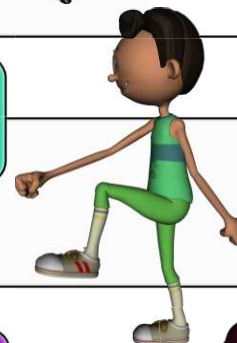


## 5. HIGH KNEES



10 SEC REST

20 SEC MOVE

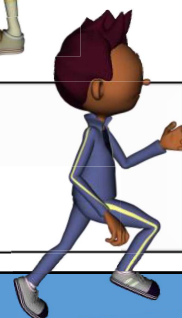


## 6. JOG IN PLACE



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

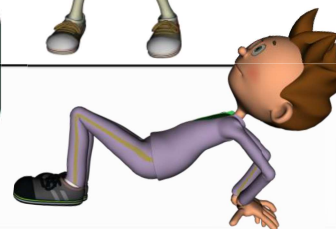
4. ARM CIRCLES



10 SEC REST

20 SEC MOVE

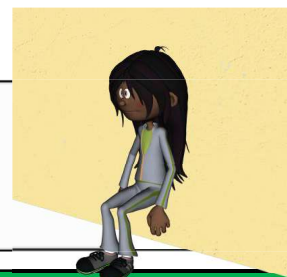
5. GROUND DIPS



10 SEC REST

20 SEC MOVE

6. WALL SIT



10 SEC REST

20 SEC MOVE

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HIGH INTENSITY INTERVAL TRAINING