

Full Body Tabata: Day 1

Cardio

Jump Squats (20 seconds)

High Knees (20 seconds)

REST (10 seconds)

Upper Body

Push-Ups

Up & Down Plank

REST

Lower Body

Squat with Hip Abduction
(left/right)

Curtsy Lunge (left/right)

REST

Core

V-Ups

Lower Ab Scissors

COOL DOWN

Full Body Tabata: Day 2

Cardio

Jump Lunges (20 seconds)

Ski Hops (20 seconds)

REST (10 seconds)

Upper Body

Tricep Dips

Inchworm

REST

Lower Body

Supermans

Squat with Forward Kick

REST

Core

Russian Twist

Reverse Crunch

COOL DOWN