

Tabata Full Body Workout

Round 1

Plyometric Jumping Jacks (20 seconds)

REST (10 seconds)

Burpees (20 seconds)

REST (10 seconds)

Repeat 4 Times

Round 2

Mountain Climbers

REST

Reverse Lunge

REST

Repeat 4 Times

Round 3

Squat Jumps

REST

Speed Skaters

REST

Repeat 4 Times

Round 4

Push-Ups

REST

Plank with Alternating Leg Lift

REST

Repeat 4 Times

COOL DOWN