

CARDIO & CORE

34 MIN TABATA WORKOUT

Start with a 5 min warm up.

(Brisk walking, jogging, ect.)

CARDIO Set #1

Do this set
4Xs through
for a total
of 4 minutes.



POWER SKIPS

:20 SECONDS

:10 SECONDS REST



JUMPING JACKS

:20 SECONDS

:10 SECONDS REST

>> 1 minute rest <<

CORE Set #2

Do this set
4Xs through
for a total
of 4 minutes.

PLANK

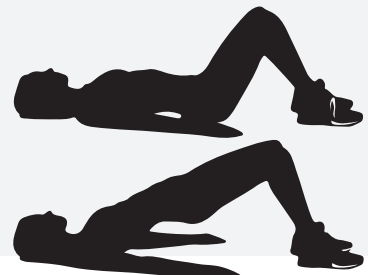
:20 SECONDS

:10 SECONDS REST



BRIDGES

:20 SECONDS :10 SECONDS REST



>> 1 minute rest <<

CARDIO Set #3

Do this set
4Xs through
for a total
of 4 minutes.



BURPEES

:20 SECONDS

:10 SECONDS
REST



BUTT KICKS

:20 SECONDS

:10 SECONDS REST

>> 1 minute rest <<

CORE Set #4

Do this set
4Xs through
for a total
of 4 minutes.



WALL SIT

:20 SECONDS

:10 SECONDS REST

SIDE PLANKS

:20 SECONDS

:10 SECONDS REST



ALTERNATE SIDES EACH
SEPERATE TIME YOU DO IT.

>> 1 minute rest <<

CARDIO Set #5

Do this set
4Xs through
for a total
of 4 minutes.



TUCK JUMPS

:20 SECONDS

:10 SECONDS REST



FIRE FEET

:20 SECONDS

:10 SECONDS REST

End with a 5 minute cool down and stretch.