

FULL BODY STRENGTH TABATA

5 min warm up + 4 Tabata rounds + 5 min cool down = 30 min!

GET SET

**Interval Timer
Various Weights
Exercise Mat
Water Bottle
Sweat Towel**

GET READY

**Organize workout space.
Set interval timer for 20
seconds of work and 10
seconds of rest for 8 sets.**

GO!

Do exercises in order.
Do each for 20 seconds.
Rest 10 seconds
in between each exercise.
Rest 1 minute after all
8 exercises are completed.
Repeat routine x 4

**CURTSY LUNGES
WEIGHTED BRIDGE
PUSH-UPS
DUMBBELL ROWS
LATERAL RAISES
TRICEP EXTENSIONS
HAMMER CURLS
SIDE PLANK**