

TAMMY'S TABATA BEGINNER

WITH COACH TAMMY

	MON	TUE	WED	THU	FRI	SAT	SUN
WK 1	15-Minute Full Body Beginner Tabata 20:10 Interval	Yoga or Stretch 10 minutes	REST DAY	15-Minute Full Body Beginner Tabata 20:10 Interval	Yoga or Stretch 10 minutes	REST DAY	15-Minute Full Body Beginner Tabata 20:10 Interval
WK 2	20-Minute Full Body Beginner Tabata 20:10 Interval	Yoga or Stretch 10 minutes	REST DAY	15-Minute Full Body Beginner Tabata 20:10 Interval	Yoga or Stretch 10 minutes	REST DAY	15-Minute Full Body Beginner Tabata 20:10 Interval
WK 3	30-Minute Full Body Beginner Tabata 20:10 Interval	Yoga or Stretch 15 minutes	REST DAY	30-Minute Full Body Beginner Tabata 20:10 Interval	Yoga or Stretch 15 minutes	REST DAY	30-Minute Full Body Beginner Tabata 20:10 Interval
WK 4	30-Minute Full Body Beginner Tabata 30:30 Interval	Yoga or Stretch 15 minutes	REST DAY	30-Minute Full Body Beginner Tabata 30:30 Interval	Yoga or Stretch 15 minutes	REST DAY	30-Minute Full Body Beginner Tabata 30:30 Interval
WK 5	30-Minute Full Body Beginner Tabata 40:20 Intervals	Yoga or Stretch 20 minutes	REST DAY	30-Minute Full Body Beginner Tabata 40:20 Intervals	Yoga or Stretch 20 minutes	REST DAY	30-Minute Full Body Beginner Tabata 40:20 Intervals
WK 6	30-Minute Full Body Beginner Tabata 20:10 Interval	Yoga or Stretch 20 minutes	REST DAY	30-Minute Full Body Beginner Tabata 30:30 Interval	Yoga or Stretch 20 minutes	REST DAY	30-Minute Full Body Beginner Tabata 40:20 Intervals

