

Tabata Workout #3

Exercise	Reps
High Knee Run or Jump Rope	6-8 x 20/10
1 min Sprint	
Kettlebell Swings	6-8 x 20/10
1 min Jump Rope	
Thrusters	6-8 x 20/10
1 min Lateral Hops	
Squat Jump	6-8 x 20/10
1 min Sprint	
Donkey Kicks	6-8 x 20/10
1 min Jump Rope	
Walking Push-Up	6-8 x 20/10
1 min Lateral Hops	
Plank T-Thrusters	6-8 x 20/10
1 min Sprint	
10 Minute Abs	Time
Lying Right Side Crunch	45 sec/15 sec rest
Lying Left Side Crunch	45 sec/15 sec rest
Lying Split Leg Raises	45 sec/15 sec rest
Repeat 2 more times!!	
Raised Leg Crunch/Toe Reach	1 min