

## Tabata Workout #2

	<b>Exercise</b>	<b>Time/Reps</b>
<b>Pilates Warm-up</b>	Hundreds	100
	Single Leg Circles	5 each direction/leg
	Rolling like a Ball	6
	Single Knee Hugs	6 each leg
	Double Knee Hugs	6
	Single Straight Leg	6 each leg
	Double Straight Leg	6
	Criss-Cross	6 each side
	Spine Stretch Forward	6
	Corkscrew	6
	Saw	4 each side
<b>Tabata #1</b>	2 Seal Jacks + 2 Criss-Cross Jacks	6x20 sec work/10 sec rest
<b>Active Recovery</b>	Snakes	1m
<b>Tabata #2</b>	Skater Touchdowns	6x20 sec work/10 sec rest
<b>Active Recovery</b>	Walking Lunges	1m
<b>Tabata #3</b>	Jab + Cross Punch + Front Snap Kick	6x20 sec work/10 sec rest
<b>Cool Down</b>	2-4 Sun Salutations	2 min