

Tabata Workout #1

	Exercise	Time/Reps
Pilates Warm-up	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
Tabata #1	Single-Leg Dondog-Plank-Knee Tucks	6x20 sec work/10 sec rest
Active Recovery	High Knee March	1m
Tabata #2	Single Leg Runner Punch	6x20 sec work/10 sec rest
Active Recovery	Quick Side Steps	1m
Tabata #3	Mountain Climbers	6x20 sec work/10 sec rest
Cool Down	Arm Swings	10
	Arm Circles	10
	Sun Salutations	2-4