

## Tabata Band Workout

Exercise	Reps
Squat with Alt Side Raise and Front Raise	6-8 x 20/10
Ab Circuit and 30 second Stair Run	
Plank Bird Dog	6-8 x 20/10
Ab Circuit and 30 second Stair Run	
Reverse Lunge and Bicep Curl	6-8 x 20/10
Ab Circuit and 30 second Stair Run	
Lying Single Leg Hamstring Push	6-8 x 20/10
Ab Circuit and 30 second Stair Run	
Single Leg Triceps Press	6-8 x 20/10
Ab Circuit and 30 second Stair Run	
Plank with 1 Knee Dip and Opposite Leg Raise	6-8 x 20/10
Ab Circuit and 30 second Stair Run	
Ab Circuit	Reps
Plank Jacks	10 total
Mountain Climbers	10 each leg
Double Knee-In	5 total
Pikes	5 total
Alternating Arm Reach	5 each arm