

Tabata Workout #4

Exercise	Reps
Alt Jump Squat to Jump Lunge	6-8 x 20/10
1 min 2 Plank Jacks + 1 each Side Hops	
Down-Dog + Diver Push-up +Up Dog	6-8 x 20/10
1 min Forward-Back Jump Rope	
Towel Crawl	6-8 x 20/10
1 min Front Kicks Left	
Push-up + Plank Bird-Dog	6-8 x 20/10
1 min Front Kicks Right	
Single-Leg Deadlift (switch sides after each round)	6-8 x 20/10
Skaters over a Bag	
Skull Crusher with Scissors Legs	6-8 x 20/10
1 min Side-Side Jump Rope	
Mountain Climbers	6-8 x 20/10
1 Min Step-Ups	
10 Minute Abs	Time
Crouching Plank	45 sec/15 sec rest
Right Side Plank + 2 Hip Dips + 2 Leg Lifts	45 sec/15 sec rest
Left Side Plank + 2 Hip Dips + 2 Leg Lifts	45 sec/15 sec rest
Repeat 2 more times!!	
Low Plank with Knee to Same Side Elbow	1 min