



## **Tabata #3**

20 seconds of hard work followed by 10 seconds of rest, repeat 8 times (4 minutes) for one round. Complete four rounds (1 minute rest in between rounds) of different exercises to have a full body Tabata workout in just 20 minutes

### **Warm Up**

(5-8 minutes to prepare your body for the workout)

### **Jump Rope**

### **Mountain Climbers**

### **Tuck Jumps**

### **Power Knees**

### **Cool Down & Stretch**