



Tabata #4 (Upper Body)

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)

Push Ups

Supermans

Downward Dog Push Ups

Triceps Dips

Cool Down & Stretch