

## Tabata Full body (approx. 25 minutes)

Jumping Jacks x 20 seconds

10 second rest

Pushups x 20 seconds

10 second rest

Squats x 20 seconds

10 second rest

Mountain Climbers x 20 seconds

10 second rest

Plank (rounds 1 & 2 plank on hands, rounds 3 & 4 plank on elbows, rounds 5 & 6 plank on the right side, rounds 7 & 8 plank on the left side)

2 minute - Rest

Burpees

10 second rest

Repeat the above set of exercises 8 times

