

CARDIO & CORE

34 MIN TABATA WORKOUT

Start with a 5 min warm up.
(Brisk walking, jogging, ect.)

CARDIO Set #1

Do this set
4Xs through
for a total
of 4 minutes.



POWER SKIPS

:20 SECONDS

:10 SECONDS REST



JUMPING JACKS

:20 SECONDS

:10 SECONDS REST

>> 1 minute rest <<

CORE Set #2

Do this set
4Xs through
for a total
of 4 minutes.

PLANK

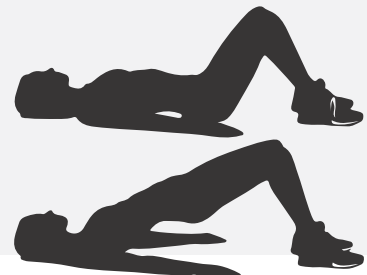
:20 SECONDS

:10 SECONDS REST



BRIDGES

:20 SECONDS :10 SECONDS REST



>> 1 minute rest <<

CARDIO Set #3

Do this set 4Xs through for a total of 4 minutes.



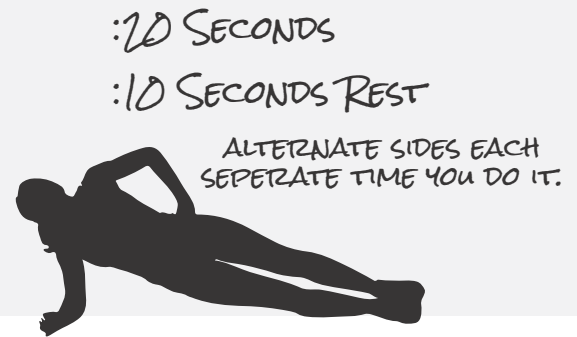
>> 1 minute rest <<

CORE Set #4

Do this set 4Xs through for a total of 4 minutes.



SIDE PLANKS



>> 1 minute rest <<

CARDIO Set #5

Do this set 4Xs through for a total of 4 minutes.



End with a 5 minute cool down and stretch.