**YZ45 TABATA**

**TABATA BOOTCAMP SESSION** **=** 38 MIN

20/10 x 8 rounds (4:00 per section) - AMRAP

|  |
| --- |
| Warm up 3-5 mins |
| Cardio |  |
| 45 sec rest period |
| Upper Body |  |
| 45 sec rest period |
| Lower Body |  |
| 45 sec rest period |
| Abs / Core |  |
| 45 sec rest period |
| Cardio |  |
| 45 sec rest period |
| Upper Body |  |
| 45 sec rest period |
| Lower Body |  |
| 45 sec rest period |
| Abs / Core |  |
| Cool down & stretch 3-5 mins |