



YZ45 TABATA

TABATA BOOTCAMP SESSION = 38 MIN

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

Warm up 3-5 mins	
Cardio	MAX EFFORT
45 sec rest period	
Upper Body	Push up T
45 sec rest period	
Lower Body	Squat Twists
45 sec rest period	
Abs / Core	Plank with Jack legs
45 sec rest period	
Cardio	MAX EFFORT
45 sec rest period	
Upper Body	Renegades Rows (push up optional)
45 sec rest period	
Lower Body	Wall vertical power jumps – alternate leading hand
45 sec rest period	
Abs / Core	Side plank dips – alternate sides
Cool down & stretch 3-5 mins	