



# 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	Inch worm
45 sec rest period	
Lower Body	Squat jacks
45 sec rest period	
Abs / Core	Rocking plank
45 sec rest period	
Cardio	MAX EFFORT
45 sec rest period	
Upper Body	Bent over row
45 sec rest period	
Lower Body	Long jump & jog back
45 sec rest period	
Abs / Core	Side plank – alternate sides
Cool down & stretch 3-5 mins	