



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 ankle taps
45 sec rest period	
Lower Body	Step taps
45 sec rest period	
Abs / Core	Plank high 5
45 sec rest period	
Cardio	MAX EFFORT
45 sec rest period	
Upper Body	Dumbbell snatch – alternate sides per round
45 sec rest period	
Lower Body	Step up – knee – step back – lunge Alternate sides per round
45 sec rest period	
Abs / Core	Bell swings
Cool down & stretch 3-5 mins	