



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	Step incline push up & 4 mountain climbers
45 sec rest period	
Lower Body	Weighted wall squat hold
45 sec rest period	
Abs / Core	Rocking plank
45 sec rest period	
Cardio	MAX EFFORT
45 sec rest period	
Upper Body	Single arm squat & press Alternate sides per round
45 sec rest period	
Lower Body	Static step lunges Alternate sides per round
45 sec rest period	
Abs / Core	Bell swing and pause
Cool down & stretch 3-5 mins	