



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 – squat thruster – inch worm
45 sec rest period	
Lower Body	Squat pulses - wide
45 sec rest period	
Abs / Core	Plank to push up plank
45 sec rest period	
Cardio	MAX EFFORT
45 sec rest period	
Upper Body	Bicep curl / standing Tricep kick backs Alternate exercises per round
45 sec rest period	
Lower Body	Step curtsey lunge & squat Alternate sides per round
45 sec rest period	
Abs / Core	Bell swing alternating arm swing
Cool down & stretch 3-5 mins	