



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	Wide to narrow push ups
45 sec rest period	
Lower Body	Sumo squat pulses
45 sec rest period	
Abs / Core	Slam ball
45 sec rest period	
Cardio	MAX EFFORT
45 sec rest period	
Upper Body	Hammer Bent over row / upright row Alternate exercises per round
45 sec rest period	
Lower Body	Step up – jump off
45 sec rest period	
Abs / Core	Side plank crunch Alternate sides per round
Cool down & stretch 3-5 mins	