



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	Flat alternating arm chest press
45 sec rest period	
Lower Body	Single leg wall squat hold Alternate sides per round
45 sec rest period	
Abs / Core	Single arm bell swing Alternate arm per round
45 sec rest period	
Cardio	MAX EFFORT
45 sec rest period	
Upper Body	Push up Plank reverse fly Alternate sides per round
45 sec rest period	
Lower Body	Duck walks
45 sec rest period	
Abs / Core	Saxon side bends
Cool down & stretch 3-5 mins	