



WORKOUT OF THE DAY



Tabata Training

What You'll Need: Floor mat, bench, jumping rope, medicine ball.

Recommendations: Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

Warm Up (2X): High knee, Leg curl, mountain pose to plank, alternated lateral leg squats, jumping jacks, torso twists, woodchopper to back stepping lunge (right then left) Jumping Jacks Walking lunges Arms expansions and shoulder rotations. 10 each exercise.

Tabata Training. Perform the Exercises for 20 seconds at a high intensity. Rest for 10 seconds, and then repeat completing 8 rounds of each exercise and then rest for one minute before moving the next exercise. Modify time, sets, and rounds according to your fitness level.

Bicycle Abs Crunch



rest

Tuck Jump



rest

Sweeping Scissors Abs



rest

Straddle jump squats



Military push ups



rest

Ball Slams



rest

Jump Rope



rest

Knee to elbow plank



Cool Down: take a 5-minute breezy walk and stretch big muscle groups, holding each stretch for 12-20 seconds.