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Written by Andrea
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"Tabata This!"

Tabata Row
Rest 1 minute
Tabata Squat
Rest 1 minute
Tabata Pull-up
Rest 1 minute
Tabata Push-up
Rest 1 minute
Tabata knees to elbows

The Tabata interval is 20 seconds of work followed by 10 seconds of rest for 8 intervals.
Unit for the row is "calories".

Scaling for Mama's is, make sure you can breathe during each round and don't worry about how many reps you get each interval. Do the work, but don't work to the point of not being able to breathe.