

October 28, 2011

Written by Andrea
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"Tabata Something Else, Baby"

Complete 32 intervals of 20 seconds of work followed by ten seconds of rest where the first 8 intervals are pull-ups, the second 8 are push-ups, the third 8 intervals are knees to elbows, and finally, the last 8 intervals are squats. There is a one minute rest between exercises.

Remember, do not try for as many reps as possible, the intensity is too high. Just do the work

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for the 20 seconds at a comfortable pace.