

January 14, 2012

Written by Andrea
Friday, 13 January 2012 20:35 -



"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.

Don't worry about the number of reps, just do the work at a comfortable pace for 20 seconds.

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Intermediate- 6 intervals.

Beginner- 4 intervals.