My Tabata workout plan

don´t forget to warm up ... start the Timer (the App)

- **20s** interval **1**

- *10s pause*

- **20s** interval **2**

- *10s pause*

- **20s** interval **3**

- *10s pause*

- **20s** interval **4**

- *10s pause*

- **20s** interval **5**

- *10s pause*

- **20s** interval **6**

- *10s pause*

- **20s** interval **7**

- *10s pause*

- **20s** interval **8**

--- > END

happy training :-)

TIMER4TABATA