



Monday

Timer4Tabata App

My Tabata workout plan

don't forget to warm up ... start the Timer (the App)

- 20s interval 1

Jump Jacks

- 10s pause

- 20s interval 2

squats

- 10s pause

- 20s interval 3

pushups

- 10s pause

- 20s interval 4

Burpees

- 10s pause

- 20s interval 5

Jumping Jacks

- 10s pause

- 20s interval 6

squat

- 10s pause

- 20s interval 7

pushups

- 10s pause

- 20s interval 8

squats

> END