



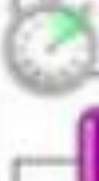

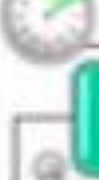









TABATA



| | | |
|---|---------------------------|---|
|  | 1 PUSH-UPS |  |
| | 10 SEC REST | 20 SEC MOVE |
|  | 2 JUMPING JACKS |  |
| | 10 SEC REST | 20 SEC MOVE |
|  | 3 PLANK |  |
| | 10 SEC REST | 20 SEC MOVE |
|  | 4 BURPEES |  |
| | 10 SEC REST | 20 SEC MOVE |
|  | 5 HIGH KNEES |  |
| | 10 SEC REST | 20 SEC MOVE |
|  | 6 MOUNTAIN CLIMBER |  |
| | 10 SEC REST | 20 SEC MOVE |

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Workout Music Source//25 Tabata Tracks