

# TABATA

**Do each exercise for 20 seconds and rest 10 seconds**

**Set 1:**

**Exercises:**

- Push-Ups**
- Ski Jumps**
- Karate Kicks**
- Burpees**
- Squats**
- Jog in Place**

**Rest 1 minute.**

**Set 2:**

**Exercises:**

- Sit-Ups**
- Doritos**
- Lunges**
- Cheetos**
- Row Boats**
- Cherry Pickers**

**Rest 1 minute.**

**Set 3:**

**Exercises:**

- Bear Crawl**
- Frog Hop**
- Front Crab**
- Bunny Hop**
- Back Crab**
- Inch Worm**

**Rest 1 minute and repeat all 3 sets.**