



TABATA

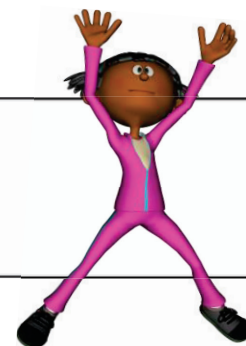


1. JUMPING JACKS



10 SEC REST

20 SEC MOVE



2. PUSH-UPS



10 SEC REST

20 SEC MOVE

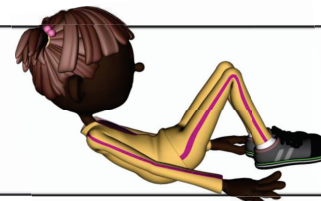


3. CRUNCHES



10 SEC REST

20 SEC MOVE

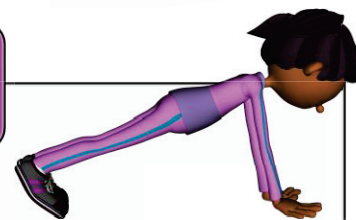


4. BURPEES



10 SEC REST

20 SEC MOVE

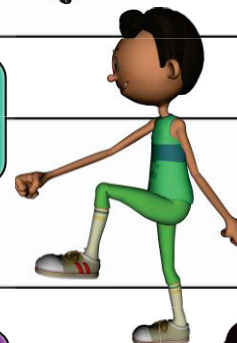


5. HIGH KNEES



10 SEC REST

20 SEC MOVE

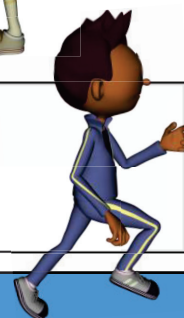


6. JOG IN PLACE



10 SEC REST

20 SEC MOVE



1

HIGH INTENSITY INTERVAL TRAINING



TABATA



1. MOUNTAIN CLIMBERS



10 SEC REST

20 SEC MOVE

2. SQUATS



10 SEC REST

20 SEC MOVE

3. SIT-UPS



10 SEC REST

20 SEC MOVE

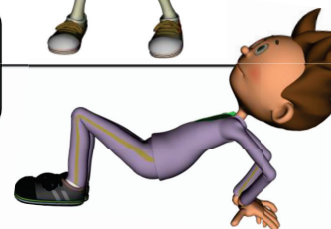
4. ARM CIRCLES



10 SEC REST

20 SEC MOVE

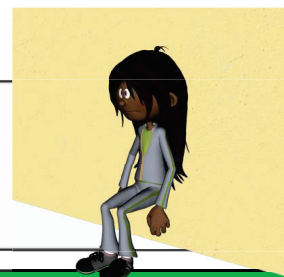
5. GROUND DIPS



10 SEC REST

20 SEC MOVE

6. WALL SIT



10 SEC REST

20 SEC MOVE

2

HIGH INTENSITY INTERVAL TRAINING



AMRAP

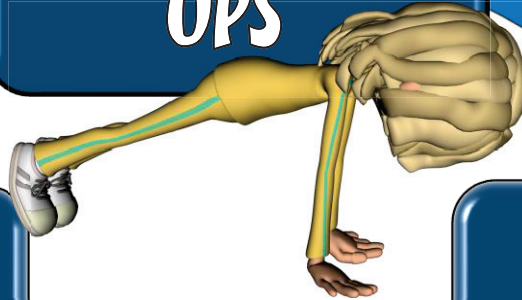


(AS MANY ROUNDS AS POSSIBLE)



20
SKIER
JUMPS

12 PUSH
UPS



20
ARM CIRCLES



15 TRICEP
DIPS

R
E
P
E
A
T

20 VERTICAL
JUMPS



JOG
3 LAPS



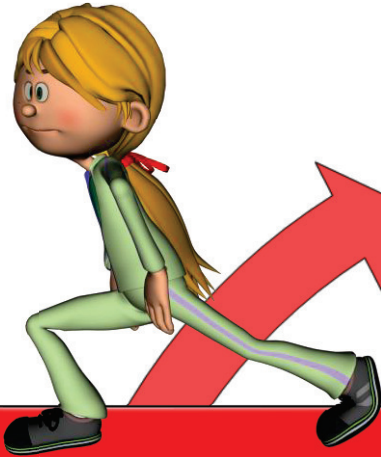
NAVY BLUE WORKOUT



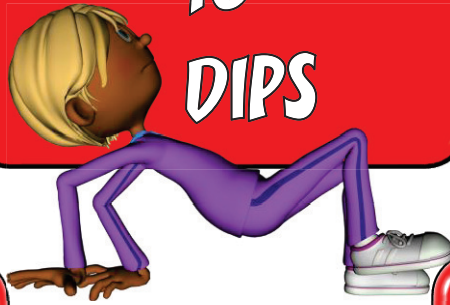
AMRAP



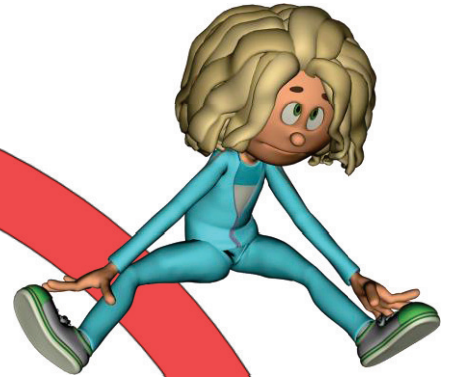
(AS MANY ROUNDS AS POSSIBLE)



10 LUNGES

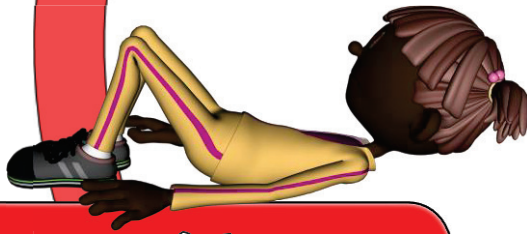


10 DIPS



10 STRADDLE JUMPS

R
E
P
E
A
T



15
CURL-UPS

SKIP
2 LAPS



WALL-SIT
20 SEC.



CANDY RED WORKOUT