

Tabata Routine: 16 Minutes

*20 seconds of exercise x 10 seconds of rest x 8 rounds

*the 10 seconds you are given are to immediately prepare for the next exercise.

- Pushups x 20 seconds
- rest 10 seconds
- Bodyweight Squats x 20 seconds
- rest 10 seconds
- Body Rows x 20 seconds
- rest 10 seconds
- Flat Planks x 20 seconds
- rest 10 seconds
- Complete 8 Rounds

Strength and Conditioning Routine: 30 Minutes

- Deadlifts x 8 Reps
- Pull Ups x 12 - max reps
- Spiderman Push Ups x 12 - max reps
- Side Plank Lift Pull and Push x 15 reps each
- Cable Core Push and Pull x 12 each
- RFE Squat Hops x 8 each
- Prone Froggies w/ Sliders x 20

Try and complete this circuit 4 times in 30 minutes. Then stretch and go home.