

TABATA

There are 2 exercise choices in each color category.
Choose an exercise and do it for 20 seconds.
Rest for 10 seconds then move on to next category.
Continue until 5 minutes is up!

1

HIGH JUMPS
OR
JUMPING JACKS

2

SQUATS
OR
LUNGES

3

PLANK
OR
SIDE LUNGES

4

PUSHUPS
OR
CURL UPS

5

STAR JUMPS
OR
BURPEES