

Stability ball Tabata

Try 20 secs work 10 secs rest

30 secs work 10 secs rest

45 secs work 15 secs rest

Round 1

Push ups

Roll outs

Knee tuck

Push ups (feet on ball)

Round 2

Hip Thrusts

Marches

Rotations

Hip Thrusts

Round 3

Ham Curl

Glute Bridge

Ham Curl – Glute Bridge

Dead-bug