



WORKOUT SCHEDULE

WITH LANCHANA GREEN

TABATA WORKOUT 1

Star Jumps
Mountain Climbers
Push Ups
V-Ups
Cycles
Squats
Lunges
Jump Lunges
Jump Squats
Burpees

PROGRESS NOTES

Equipment: None.
20 seconds work, 10 seconds rest.
Rest Period: 1-2 minutes between rounds.
Rounds: 4-6.