



TABATA WORKOUT PROGRAM 4 MINUTES

EXERCISE	SETS	REP/TIME	REST
WARM UP STREACH DYNAMIC	2	15 SECONDS	5 SECONDS
KNEE AND ANKLE ROTATION			
WARM UP STREACH DYNAMIC	2	15 SECONDS	5 SECONDS
SQUAT TO OVER HEAD REACH			
SIT UPS	1	20 SECONDS	10 SECONDS
MOUNTAIN CLIMBERS	1	20 SECONDS	10 SECONDS
BERPREEES	1	20 SECONDS	10 SECONDS
PUSH UPS	1	20 SECONDS	10 SECONDS
SIT UPS	1	20 SECONDS	10 SECONDS
MOUNTAIN CLIMBERS	1	20 SECONDS	10 SECONDS
BERPREEES	1	20 SECONDS	10 SECONDS
PUSH UPS	1	20 SECONDS	10 SECONDS