Tabata Workout

4 exercises

20 seconds of work 10 seconds of rest, one after the other

Repeat 4 times then rest for 1min before starting the next round

Round 1

Squat

Plank

Lunge

Sit Up

Round 2

Jump Squat

Full plank with shoulder tap

Jump lunge

Sit up and punch

Round 3

Wide squat

Mountain Climber

Burpee

Press Up