

# Fitmart's Tabata Cardio Workout

Each two (2) exercises is repeated four (4) times per circuit.

Each exercise is done for twenty (20) seconds with ten (10) seconds rest

A one (1) minute rest between circuits

## Exercise

## Weight

Burpee

Bicycles

Jump Squats

High Knees

Jump Lunges

Mtn Climbers

Burpee

Swing Through

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High Knees

Mtn Climbers

Jump Lunge

V-Ups

[fitmart.weebly.com](http://fitmart.weebly.com)