

Fitmart's Tabata Total Body Workout

Each group of four (4) exercises is done twice for a total of eight (8) exercises per circuit.

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

A one (1) minute rest between circuits

<u>Exercise</u>	<u>Weight</u>	<u>Weight</u>
Burpee		
V-Ups		
Pop Squats		
Push Ups		
Mtn Climbers		
Bicycle		
Jumping Jacks		
Pull Ups		
High Knees		
Seated Twist		
Skaters		
Thrusters		
Burpee		
V-Ups		
Swing Throughs		
Chin Ups		
Mtn Climbers		
Bicycle		
Two Arm Curls		
Thrusters		
High Knees		
Seated Twist		
Push Ups		
Back Flies		