**TABATA TRAINING**

1. **BURPEES**

20s work

10s rest

.

.

8times

1. **PUSH UPS**

20s work

10s rest

.

.

8times

1. **CRISS CROSS** (abs muscles)

20s work

10s rest

.

.

8times

1. If you are able to continue, you can include another exercises (e.g. **lunges back**, **lunges side**, **squats**, **planks**, **side planks**…..)