

TABATA TRAINING

1. **BURPEES**

20s work

10s rest

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.

8times

2. **PUSH UPS**

20s work

10s rest

.

.

8times

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

20s work

10s rest

.

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8times

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