



**THE
FITNESS
GURU**

Tabata

Complete 20 seconds of non-stop work with each exercise. Each exercise should be performed at a level so that you couldn't work past 20 seconds. Take a 10 second break then move to the next exercise. Complete the entire sequence twice.
Total time= 4 minutes.

1. Single Leg Burpee- Right with Push Up

2. Single Leg Burpee- Left with Push Up

3. Lunge Jump

Stand with the feet together and lunge forward with the right foot. Jump straight up, propelling the arms forward while keeping the elbows bent. While in the air, switch legs and land in a lunge with the opposite leg forward. Repeat and continue switching legs

4. Plank Jacks

Start in a plank positions with forearms on the floor, legs tight together. Without raising your pelvis, jump the feet wide and back together. Repeat.