

Tabata BW 1

Mob: Video
3min WGS flow

Body Weight WU 2:
3rds
30x Jumping Jacks
20x High Knees
10x Sqt Jumps

Tabata

8rds 20"/10"
Split Jumps/rest

Rest 1-2min

8rds 20"/10"
Burpee/rest

Rest 1-2min

8rds 20"/10"
V-ups/rest

Rest 1-2min

8rds 20"/10"
Shoulder Taps/FLR Hold

Finisher
50-40-30-20-10
Jumping Jacks
Floor Jacks