

## TABATA TO IMPROVE ACTIVITY CARD

4-Minute Jumping Tabata Routine

| Set # | Exercise Name                  | Interval Start |
|-------|--------------------------------|----------------|
| 1     | <b>Exercise: Jumping Jacks</b> | <b>0:00</b>    |
|       | Rest 10 Seconds                |                |
| 2     | <b>Exercise: Star Jumps</b>    | <b>0:30</b>    |
|       | Rest 10 Seconds                |                |
| 3     | <b>Exercise: Mummy Jacks</b>   | <b>1:00</b>    |
|       | Rest 10 Seconds                |                |
| 4     | <b>Exercise: Squat Jumps</b>   | <b>1:30</b>    |
|       | Rest 10 Seconds                |                |
| 5     | <b>Exercise: Jumping Jacks</b> | <b>2:00</b>    |
|       | Rest 10 Seconds                |                |
| 6     | <b>Exercise: Star Jumps</b>    | <b>2:30</b>    |
|       | Rest 10 Seconds                |                |
| 7     | <b>Exercise: Mummy Jacks</b>   | <b>3:00</b>    |
|       | Rest 10 Seconds                |                |
| 8     | <b>Exercise: Squat Jumps</b>   | <b>3:30</b>    |
|       | Rest 10 Seconds                |                |