

DAREBEE.COM RESOURCE GUIDE

Tabata Training 1 / Focus: Upper body/Core
(:20s on - :10s off for 6 rounds)

Red - Cardiovascular Fitness

- Butt kicks
- <http://darebee.com/exercises/butt-kicks.html>

Orange - Muscular Fitness

- V-ups
- <http://darebee.com/exercises/v-ups.html>

Yellow - Skill Related Fitness

- Jab jab cross hook (coordination)
- <http://darebee.com/exercises/jab-jab-cross-hook.html>

Green - Cardiovascular Fitness

- Jab cross squat
- <http://darebee.com/exercises/jab-cross-squat.html>

Blue - Muscular Fitness

- Side planks
- <http://darebee.com/exercises/side-planks.html>

Purple - Skill Related Fitness

- Jump punches (power)
- <http://darebee.com/exercises/jump-cross-punches.html>

See the entire Darebee.com Video Exercise Library
<http://darebee.com/exercises.html>