

DAREBEE.COM RESOURCE GUIDE

Tabata Training 2 / Focus: Lower body
(:20s on - :10s off for 6 rounds)

Red - Cardiovascular Fitness

- Hops side side feet together
- <http://darebee.com/exercises/hops-side-to-side-feet-together.html>

Orange - Muscular Fitness

- Jump squats
- <http://darebee.com/exercises/jump-squats.html>

Yellow - Skill Related Fitness

- Hook kicks (power, balance, coordination, flexibility)
- <http://darebee.com/exercises/hook-kicks-back-leg.html>

Green - Cardiovascular Fitness

- Fly kicks
- <http://darebee.com/exercises/fly-steps.html>

Blue - Muscular Fitness

- Jump lunges
- <http://darebee.com/exercises/jumping-lunges.html>

Purple - Skill Related Fitness

- Squat + turning kick (power, balance, coordination, flexibility)
- <http://darebee.com/exercises/squat-turning-kick.html>

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