Tabata Training 3 / Focus: Full body/Core

(:20s on - :10s off for 6 rounds)

Red - Cardiovascular Fitness
- Seal jacks
- http://darebee.com/exercises/seal-jacks.html

Orange - Muscular Fitness
- Thigh taps
- http://darebee.com/exercises/thigh-taps.html

Yellow - Skill Related Fitness
- Flow steps (flexibility, coordination, balance)
- http://darebee.com/exercises/flow-steps.html

Green - Cardiovascular Fitness
- Burpee with push-up
- http://darebee.com/exercises/burpees-with-push-up.html

Blue - Muscular Fitness
- Plank into lunge
- http://darebee.com/exercises/plank-into-lunge.html

Purple - Skill Related Fitness
- Triple punch double turning kick (coordination)
- http://darebee.com/exercises/triple-punch-double-turning-kick.html

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