

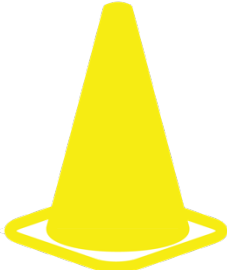


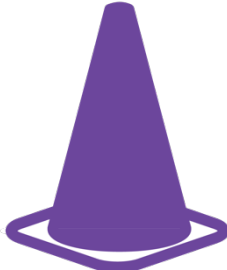
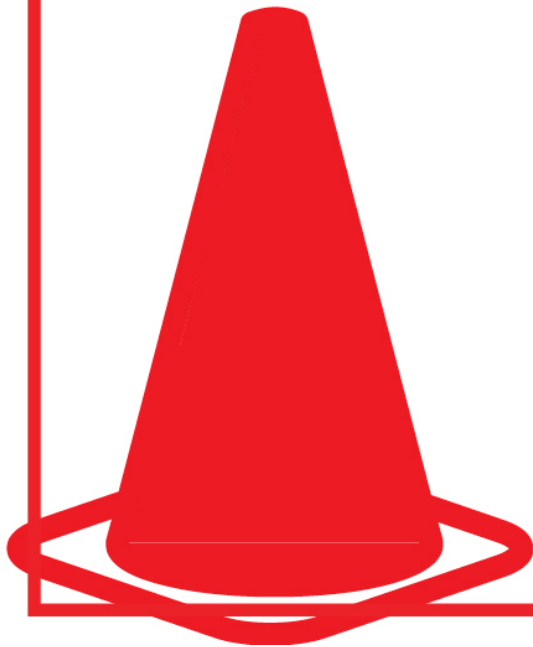


TABATA STATION CARD

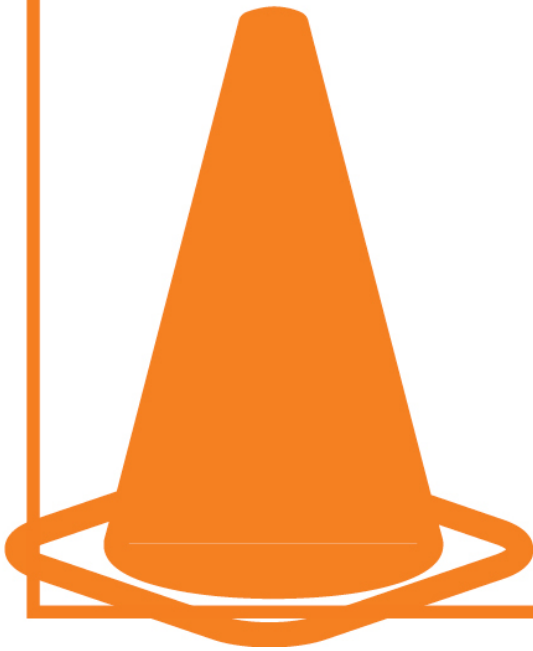
<p><b>BUTT KICKS</b></p>	<p><b>V-UPS</b></p>	<p><b>JAB+JAB CROSS+HOOK</b></p>	<p><b>JAB+CROSS SQUAT</b></p>	<p><b>SIDE PLANKS</b></p>	<p><b>JUMP PUNCHES</b></p>
<p><b>Cardiorespiratory Endurance</b></p>	<p><b>Muscular Fitness</b></p>	<p><b>Skill-Related Fitness</b></p>	<p><b>Cardiorespiratory Endurance</b></p>	<p><b>Muscular Fitness</b></p>	<p><b>Skill-Related Fitness</b></p>
					

# **BUTT KICKS**



Cardiorespiratory Endurance

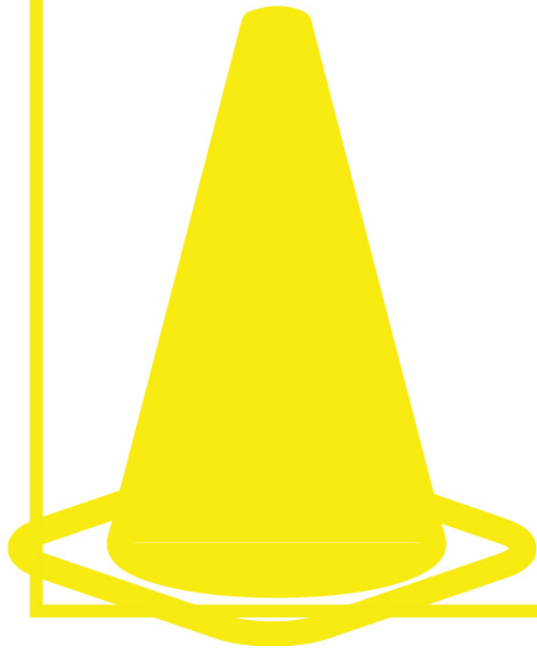
# V-UPS



Muscular Fitness

# **JAB+JAB**

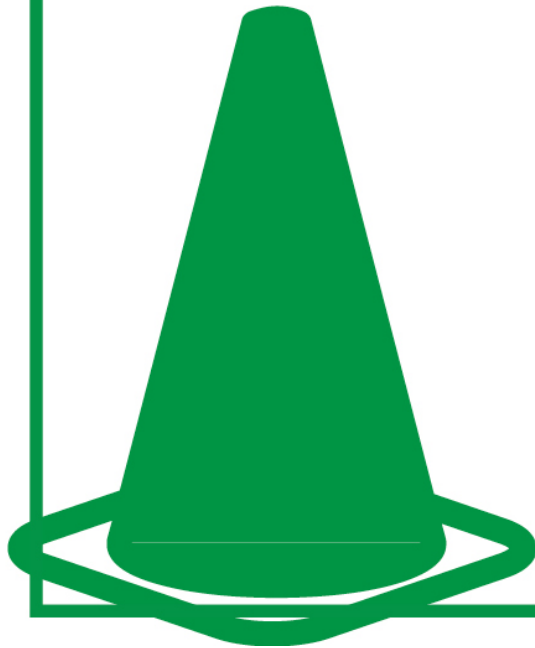
# **CROSS+HOOK**



Skill-Related Fitness

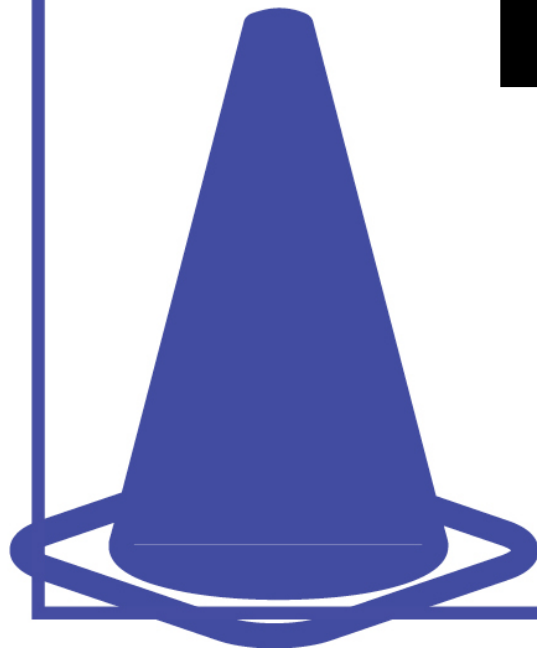
# **JAB+CROSS**

# **SQUAT**



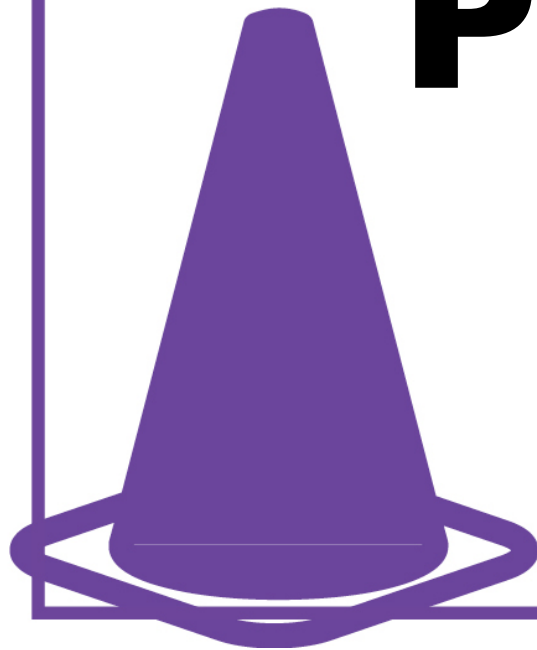
Cardiorespiratory Endurance

# **SIDE PLANKS**







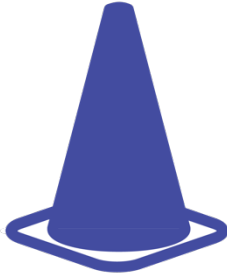
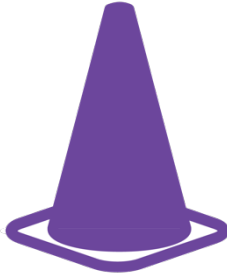
Muscular Fitness

# **JUMP PUNCHES**



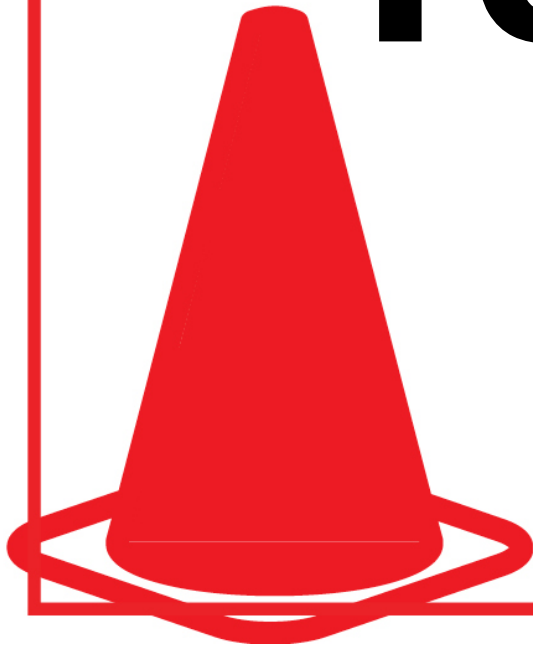
Skill-Related Fitness

TABATA STATION CARD

<b>SIDE SIDE FEET TOGETHER</b>	<b>JUMP SQUATS</b>	<b>HOOK KICKS</b>	<b>FLY KICKS</b>	<b>JUMP LUNGES</b>	<b>SQUAT + TURNING KICK</b>
<b>Cardiorespiratory Endurance</b>	<b>Muscular Fitness</b>	<b>Skill-Related Fitness</b>	<b>Cardiorespiratory Endurance</b>	<b>Muscular Fitness</b>	<b>Skill-Related Fitness</b>
					

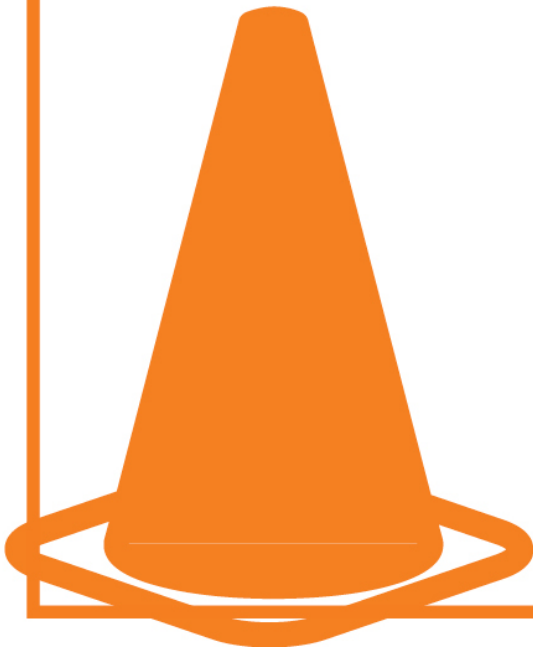


**SIDE SIDE  
FEET  
TOGETHER**



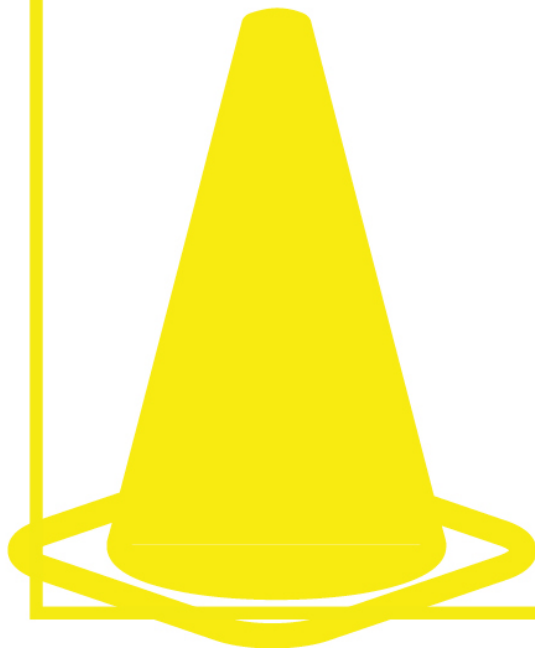
Cardiorespiratory Endurance

# **JUMP SQUATS**



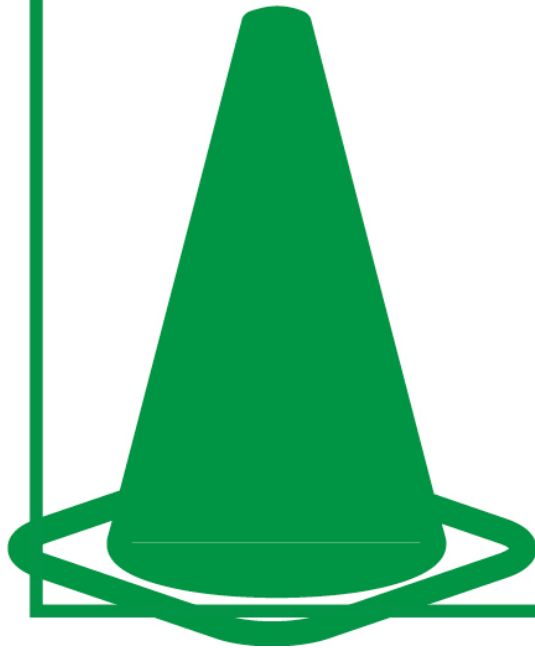
Muscular Fitness

# **HOOK KICKS**



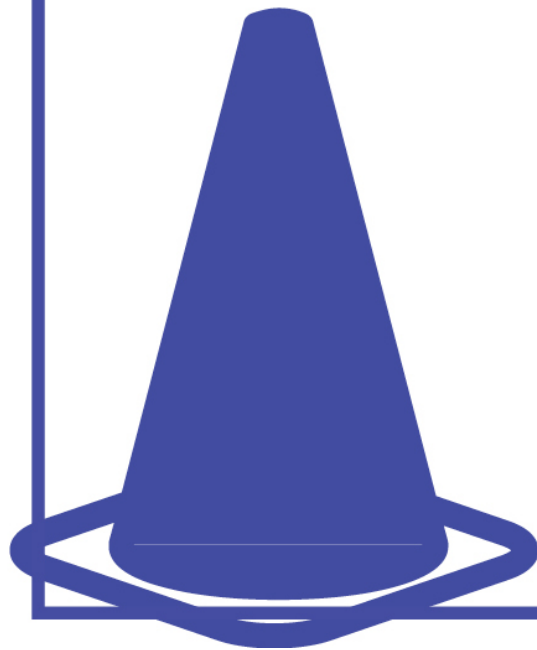
Skill-Related Fitness

# FLY KICKS



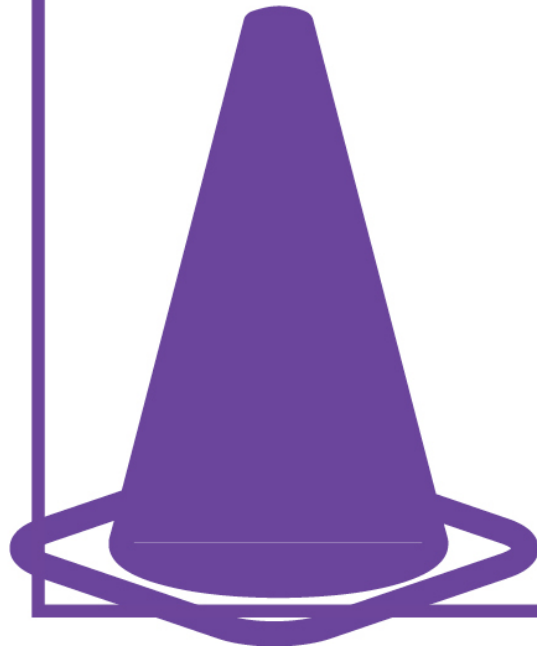
Cardiorespiratory Endurance

# **JUMP LUNGES**








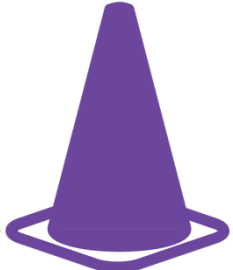
Muscular Fitness

# **SQUAT + TURNING KICK**

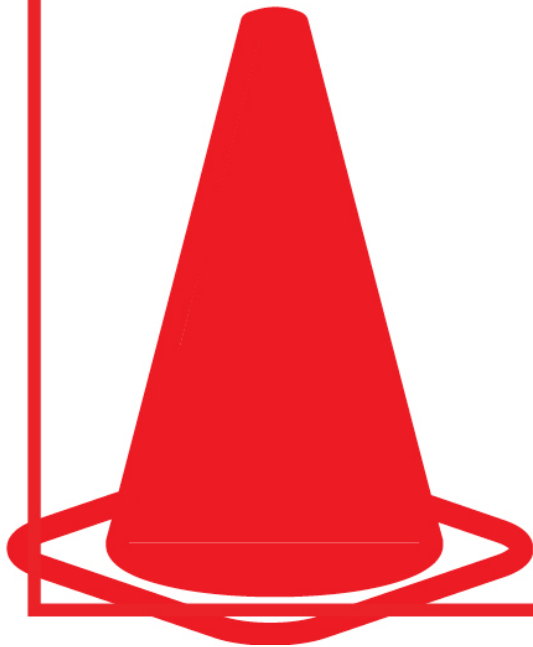


Skill-Related Fitness

TABATA STATION CARD

<b>SEAL JACKS</b>	<b>THIGH TAPS</b>	<b>FLOW STEPS</b>	<b>BURPEE PUSH-UP</b>	<b>PLANK INTO LUNGE</b>	<b>TRIPLE PUNCH + DOUBLE TURN KICK</b>
<b>Cardiorespiratory Endurance</b>	<b>Muscular Fitness</b>	<b>Skill-Related Fitness</b>	<b>Cardiorespiratory Endurance</b>	<b>Muscular Fitness</b>	<b>Skill-Related Fitness</b>
					

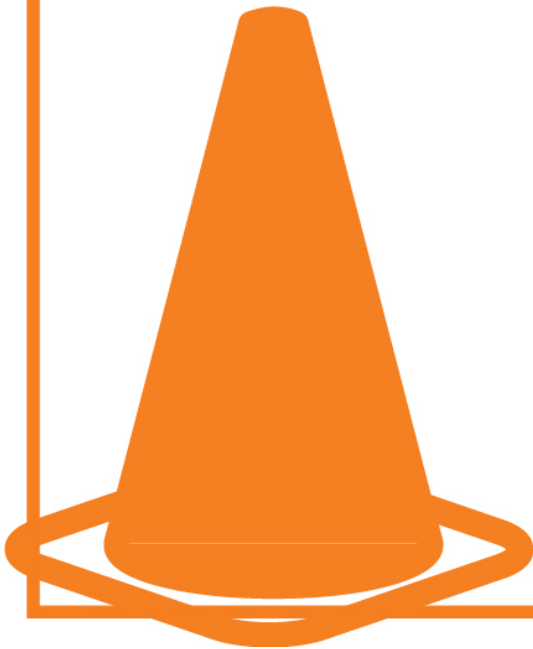
# SEAL JACKS



Cardiorespiratory Endurance



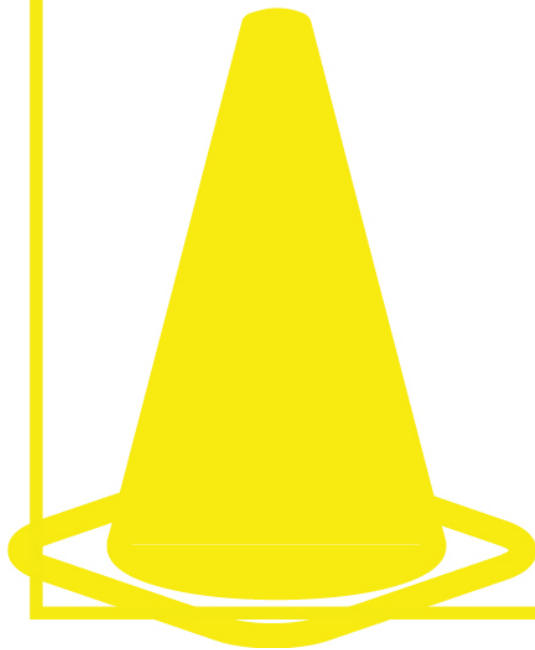
# THIGH TAPS



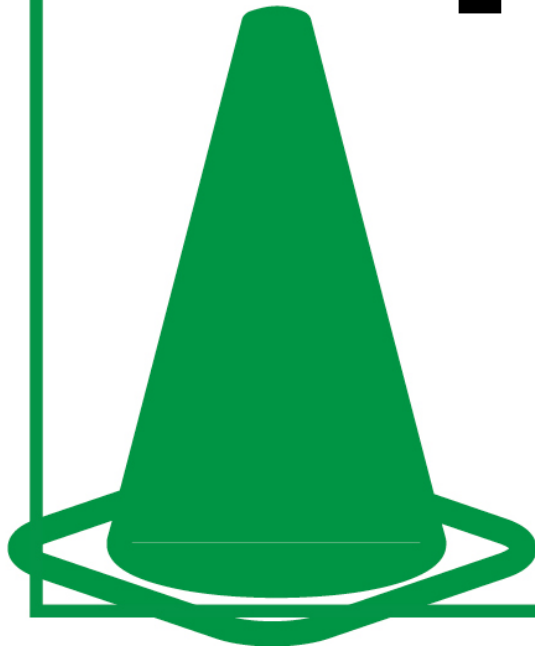
Muscular Fitness

# **FLOW STEPS**

Skill-Related Fitness

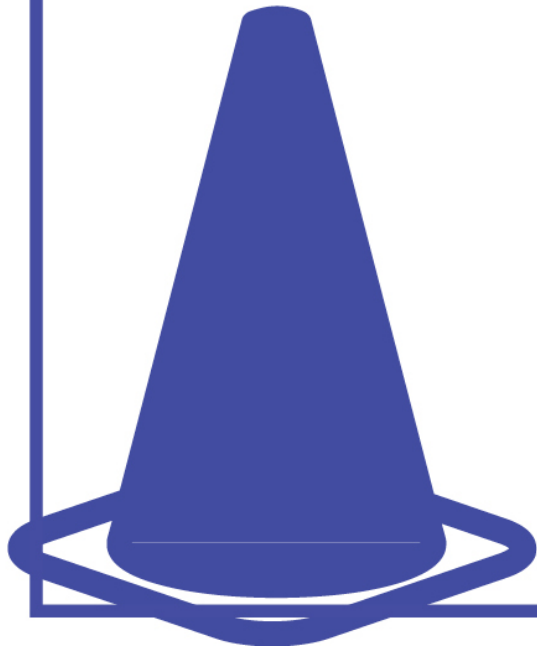


# **BURPEE PUSH-UP**



Cardiorespiratory Endurance

# **PLANK INTO LUNGE**

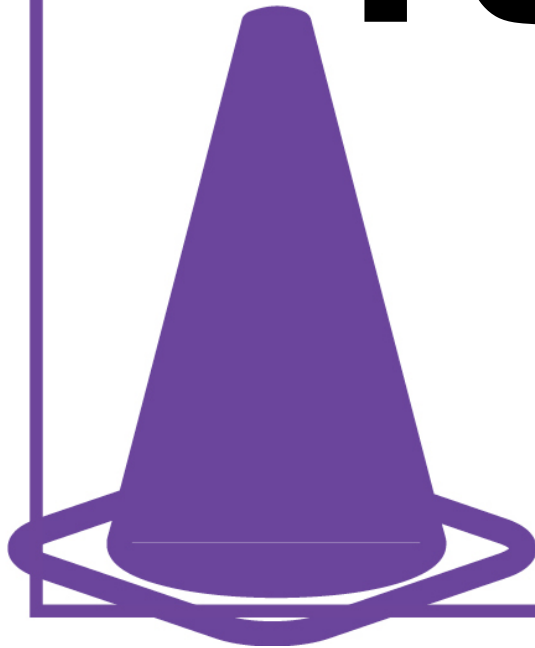


Muscular Fitness

# **TRIPLE PUNCH**

## **+ DOUBLE**

# **TURN KICK**



Skill-Related Fitness