

TABATA STATION CARD

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