

TABATA STATION CARD

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