4-Minute Tabata Warm-Up 1

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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Jumping Jacks** | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **Biceps Curl** [Resistance Band] | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **Invisible Jump Rope** | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **Triceps Kick-Back** [Resistance Band] | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Jumping Jacks** | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **Upright Row** [Resistance Band] | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Star Jumps** | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Power Squats** [Resistance Band] | **3:30** |
|  | **Rest 10 Seconds** |  |

4-Minute Tabata Warm-Up 2

|  |  |  |
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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Boxer Rope Skips** [Jump Rope] | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **Plank Arm Raises** | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **Boxer Rope Skips** [Jump Rope] | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **Plank Leg Raises** | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Boxer Rope Skips** [Jump Rope] | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **Plank Arm Raises** | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Boxer Rope Skips** [Jump Rope] | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Plank Leg Raises** | **3:30** |
|  | **Rest 10 Seconds** |  |