

4-Minute Tabata Warm-Up: **Biathlon**

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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Exercise: Speed Jump with Jump Rope** | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **Exercise: Plank Position**  | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **Exercise: Jumping Jacks** | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **Exercise: Speed Jump with Jump Rope** | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Exercise: Plank Position** | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **Exercise: Jumping Jacks** | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Exercise: Push-ups** | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Exercise: Speed Jump with Jump Rope** | **3:30** |
|  | **Rest 10 Seconds** |  |