

TABATA ROUTINE CARD

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

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	