****

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

|  |  |  |
| --- | --- | --- |
| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Exercise: Mountain Climbers** | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **Exercise: Push-ups**  | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **Exercise: Burpees** | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **Exercise: High-Knee Running in Place** | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Exercise: Mountain Climbers** | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **Exercise: Push-ups** | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Exercise: Burpees** | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Exercise: High-Knee Running in Place** | **3:30** |
|  | **Rest 10 Seconds** |  |