

TABATA ROUTINE CARD

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

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