

TABATA ROUTINE CARD

4-Minute Tabata Warm-Up: **Speed Skating**

Set #	Exercise Name	Interval Start
1	Exercise: Front-to-Back Jumps	0:00
	Rest 10 Seconds	
2	Exercise: Lunges	0:30
	Rest 10 Seconds	
3	Exercise: High-Knee Running in Place	1:00
	Rest 10 Seconds	
4	Exercise: Side-to-Side Jumps	1:30
	Rest 10 Seconds	
5	Exercise: Lunges	2:00
	Rest 10 Seconds	
6	Exercise: Side-to-Side Jumps	2:30
	Rest 10 Seconds	
7	Exercise: Straddle Stretches	3:00
	Rest 10 Seconds	
8	Exercise: Front-to-Back Jumps	3:30
	Rest 10 Seconds	