

NINJA WARRIOR TABATA CARD: Regional Level Challenge

Set #	Exercise Name	Interval Start
1	Invisible Jumps	0:00
	Rest 10 Seconds	
2	Push-Ups	0:30
	Rest 10 Seconds	
3	Triceps Kick-Back [Resistance Band]	1:00
	Rest 10 Seconds	
4	Upright Row [Resistance Band]	1:30
	Rest 10 Seconds	
5	Invisible Jumps	2:00
	Rest 10 Seconds	
6	Push-Ups	2:30
	Rest 10 Seconds	
7	Triceps Kick-Back [Resistance Band]	3:00
	Rest 10 Seconds	
8	Upright Row [Resistance Band]	3:30
	Rest 10 Seconds	

