

## NINJA WARRIOR TABATA CARD: National Level Challenge

Set #	Exercise Name	Interval Start
1	<b>Star Jumps</b>	<b>0:00</b>
	Rest 10 Seconds	
2	<b>Burpees</b>	<b>0:30</b>
	Rest 10 Seconds	
3	<b>Power Squats [Resistance Band]</b>	<b>1:00</b>
	Rest 10 Seconds	
4	<b>Upright Row [Resistance Band]</b>	<b>1:30</b>
	Rest 10 Seconds	
5	<b>Star Jumps</b>	<b>2:00</b>
	Rest 10 Seconds	
6	<b>Burpees</b>	<b>2:30</b>
	Rest 10 Seconds	
7	<b>Power Squats [Resistance Band]</b>	<b>3:00</b>
	Rest 10 Seconds	
8	<b>Upright Row [Resistance Band]</b>	<b>3:30</b>
	Rest 10 Seconds	

