

AEROBIC CAPACITY

The body's ability to take in, transport, and use oxygen during vigorous physical activity.



Take Home Tabata Routine

- Round 1:** Jumping Jacks (20 Sec)
Rest for 10 Seconds
- Round 2:** Jump Rope (20 Sec)
Rest for 10 Seconds
- Round 3:** Mummy Jacks (20 Sec)
Rest for 10 Seconds
- Round 4:** Jump Rope (20 Sec)
Rest for 10 Seconds
- Round 5:** Jumping Jacks (20 Sec)
Rest for 10 Seconds
- Round 6:** Jump Rope (20 Sec)
Rest for 10 Seconds
- Round 7:** Mummy Jacks (20 Sec)
Rest for 10 Seconds
- Round 8:** Jump Rope (20 Sec)
Rest for 10 Seconds

MUSCULAR STRENGTH

The maximum amount of force a muscle can produce in a single effort.



Take Home Tabata Routine

- Round 1:** SlowMo Push Ups (20 Sec)
Rest for 10 Seconds
- Round 2:** SlowMo Squats (20 Sec)
Rest for 10 Seconds
- Round 3:** Power Push Ups (20 Sec)
Rest for 10 Seconds
- Round 4:** Power Squats (20 Sec)
Rest for 10 Seconds
- Round 5:** SlowMo Push Ups (20 Sec)
Rest for 10 Seconds
- Round 6:** SlowMo Squats (20 Sec)
Rest for 10 Seconds
- Round 7:** Power Push Ups (20 Sec)
Rest for 10 Seconds
- Round 8:** Power Squats (20 Sec)
Rest for 10 Seconds

MUSCULAR ENDURANCE

The ability of a muscle to continue to perform without fatigue.



Take Home Tabata Routine

- Round 1:** Plank Jacks (20 Sec)
Rest for 10 Seconds
- Round 2:** Plank Arm Lifts (20 Sec)
Rest for 10 Seconds
- Round 3:** Plank Holds (20 Sec)
Rest for 10 Seconds
- Round 4:** Planks Leg Lifts (20 Sec)
Rest for 10 Seconds
- Round 5:** Plank Jacks (20 Sec)
Rest for 10 Seconds
- Round 6:** Plank Arm Lifts (20 Sec)
Rest for 10 Seconds
- Round 7:** Plank Holds (20 Sec)
Rest for 10 Seconds
- Round 8:** Plank Leg Lifts (20 Sec)
Rest for 10 Seconds

FLEXIBILITY

The ability to bend and move the joints through the full range of motion.



Take Home Tabata Routine

- Round 1:** Downward Dog (20 Sec)
Rest for 10 Seconds
- Round 2:** Mountain Pose (20 Sec)
Rest for 10 Seconds
- Round 3:** Triangle Pose R (20 Sec)
Rest for 10 Seconds
- Round 4:** Forward Fold (20 Sec)
Rest for 10 Seconds
- Round 5:** Downward Dog (20 Sec)
Rest for 10 Seconds
- Round 6:** Mountain Pose (20 Sec)
Rest for 10 Seconds
- Round 7:** Triangle Pose L (20 Sec)
Rest for 10 Seconds
- Round 8:** Forward Fold (20 Sec)
Rest for 10 Seconds

BODY COMPOSITION

Measurement of the percentage of fat, muscle, water, and bone found in the human body.



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Rest for 10 Seconds
- Round 3:** Plank Jacks (20 Sec)
Rest for 10 Seconds
- Round 4:** Downward Dog (20 Sec)
Rest for 10 Seconds
- Round 5:** Jump Rope (20 Sec)
Rest for 10 Seconds
- Round 6:** SlowMo Squats (20 Sec)
Rest for 10 Seconds
- Round 7:** Plank Arm Lifts (20 Sec)
Rest for 10 Seconds
- Round 8:** Forward Fold (20 Sec)
Rest for 10 Seconds