



Tabata Team Scramble Fitness Cards

Fitness Card 1

1: Squats

2: Modified Push-Ups

3: Side-to-Side Skier Jumps

4: Mountain Climbers

5: Hold High Plank Position



Tabata Team Scramble Fitness Cards

Fitness Card 2

1: Lunges

2: Perfect Form Jumping Jacks

3: Burpees

4: Jog in Place High Knees

5: Shoulder Taps (from High Plank Position)



**Tabata Team Scramble
Fitness Cards**

Fitness Card 3

- 1: Raised Arm Circles**
- 2: Plank Jacks**
- 3: Sitting Core Twists (Tap Floor Side to Side)**
- 4: Half Jacks (Legs/Feet Only)**
- 5: 1-Arm Plank Supermans (Alternate Arms)**



Tabata Team Scramble Fitness Cards

Fitness Card 4

- 1: Super-Slow-Motion Push-Ups**
- 2: Perfect Form Jumping Jacks**
- 3: Side-to-Side Skier Jumps**
- 4: Half Jacks (Legs/Feet Only)**
- 5: Alternate Bird Wings (from High Plank Position)**



Tabata Team Scramble Fitness Cards

Fitness Card 5

- 1: Power Jumps (with knee tucks)**
- 2: Zombie Walks (stay on spot)**
- 3: Modified Push-Ups**
- 4: Mummy Jacks**
- 5: Shoulder Taps (from High Plank Position)**



**Tabata Team Scramble
Fitness Cards**

Fitness Card 6

- 1: Scissor Arm Chops**
- 2: Plank Jacks**
- 3: 1-Arm Plank Supermans (Alternate Arms)**
- 4: Shoulder Taps (from High Plank Position)**
- 5: Perfect Form Jumping Jacks**