



## Short Circuit – April 11: Tabata

**Perform each exercise at your maximum effort\* for 20 seconds.  
Rest for 10 seconds as you switch to the next exercise.  
After performing all eight exercises, rest for 1 minute.  
Perform the list for 2, 3, or 4 sets.**

**TRX Row  
Lunges  
Burpees  
Mountain Climbers  
Speed Skaters  
Sit Ups  
Plank  
Squat**

\*Work at a level that is sustainable for 20 seconds with correct form and will allow you to perform the rest of the circuit safely  
For exercise descriptions, click [here](#) to go to our Movement of the Week page.





TRX ROW



LUNGES



BURPEES



MOUNTAIN CLIMBERS



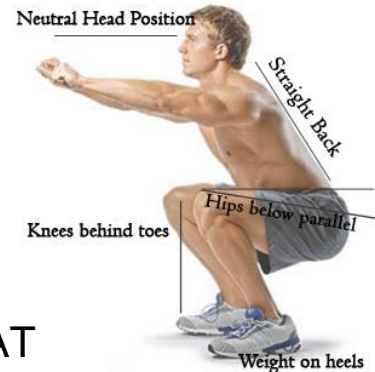
SPEED SKATERS



SIT UPS



PLANK



SQUAT