



Short Circuit – August 22nd : 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 Seven exercises, rest for 1 minute.
Perform the list for 3 or 4 sets.

Inch Worm
Goblet Squat
Jumping Jacks
TRX Push Ups or Bosu
Ball Passes
Speed Skaters
Plank (High or Low)

*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

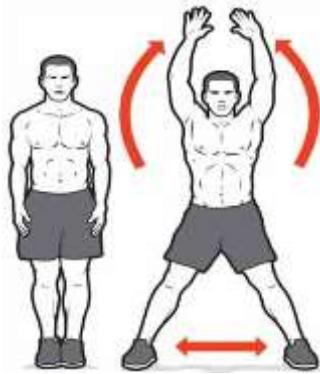




Inch Worm



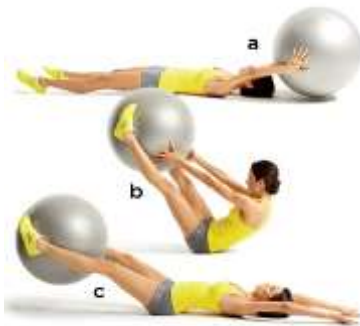
Goblet Squat



Jumping Jacks



TRX Push Up



Ball Passes



Speed Skaters



Plank (Elbows or Hands)