



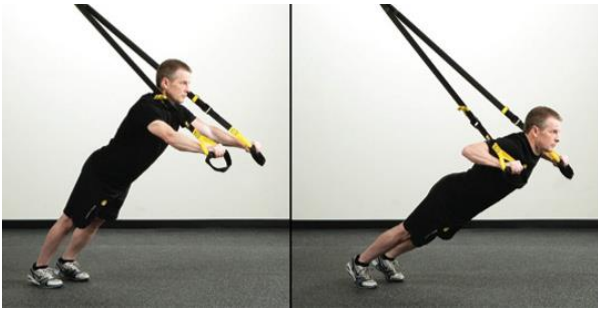
Short Circuit – May 16th : Tabata

**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 Push Up
Goblet Squat
Jumping Jacks
Ankle Taps
Renegade Row
Tuck Jumps
Plank**

*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.

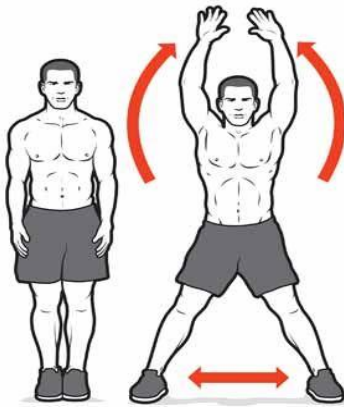




TRX Push Up



Goblet Squat



Jumping Jacks



Ankle Taps



Renegade Row



Tuck Jumps



Plank (Elbows or Hands)