



Tabata

8 rounds of 20 seconds of exercise followed by 10 seconds of rest



3 Rounds

Complete 8 rounds of each exercise below



Notes

In each round, complete as many repetitions as possible in 20 seconds then rest for 10 seconds



Modified Burpees



Calf Raises



Hollow Rocks

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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