



Warm Up: Tabata Baseline!

Baseline last done on 5/5/23

Mobility

- Low Bench Ankle/Hip
- PVC Elbow/Shoulder/Wrist
- PVC Torso Rotation

Foam Rolling

- Quads & Hip flexors
- Calves, Hamstrings, & Glutes

Dynamic

- High Knees x30(ttl)
- Butt Kicks x30(ttl)
- Jumping Jacks x30
- Leg Swings x10(ea)



Cor4 Tabata!

- 8 Exercises
- 8 Rounds each
- :20 on/:10 off
- 1:30 between each



December 12th

Block 1: 41 mins

Round #	1	2	3	4	5	6	7	8
Db thruster								
Sit ups w/ reach								
BW step overs								
Push ups								
Lunge jacks	R	L	R	L	R	L	R	L
BB								
Ball Cleans								
BW squats								

Total Score:	Divided by 8:	Your Final Score:
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