

MUSCLE GROUP OR Component of Fitness OR Activity

BUILD YOUR OWN

MUSCULAR Strength
Endurance

SUPER TABATA WORKOUT

Instructions: Pick an exercise for each section. Draw a picture or write the name of the exercise in the box. Use the pictures on the next page as ideas if you get stuck! Try out your Tabata Workout with a friend!

1




Partner squat hold
Exercise for 20 seconds

Rest for 10 seconds

2 Partner Squat High Fives
Exercise for 20 seconds

Rest for 10 seconds

3



40 seconds **Partner twist & pass**

Rest for 20 seconds

4



Partner plank high-fives
Exercise for 20 seconds

Rest for 10 seconds

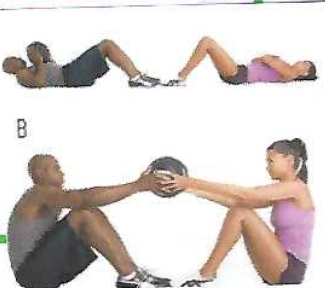
5



Ex **Partner double plank**

Rest for 10 seconds

6



Exercise for 40 seconds **Partner sit-ups**

Rest for 20 seconds