

**Notes :**

Rep count and rest options are given as Beginner|Moderate|Advanced for different workout difficulty options.

This is a tabata circuit. Alternating periods of work followed by short periods of rest.

Complete exercises 1 through 4 for the selected difficulty of work followed by rest. Once reaching end of exercise 4 repeat the circuit. After completing the circuit 2 times through rest for the time indicated for between sets.

For beginners, complete 2 set of the tabata circuit. Rest for 2min between sets. This workout should take about 9:50mins.

For moderate, complete 2 sets of this tabata circuit. Rest for 2mins between sets. This workout should take about 13:40mins

For advanced, complete 2 sets of this tabata circuit. Rest for 1.5mins between sets. This workout should take about 17:00mins

For a longer workout just keep adding sets!

**1 Jump Squats**



Keep a neutral back with your core engaged. Move down into a 45 degree squat, power through your heels and hop. Cushion your landing by move directly into your next squat.

Sets: 2 Duration: 20|30|40sec Rest: 10|15|20sec

**2 Sprinters (fast)**



Start in a push-up position with your feet on sliding disks. Bring one knee toward your chest, keeping the trunk stable and abdominals engaged. Return the foot to the starting position as you pull the other knee toward your chest. Alternate legs this way.

Sets: 2 Duration: 20|30|40sec Rest: 10|15|20sec

**3 Static Hold Squat**



Stand with your feet hip width. Initiate the squat by pushing your hips back, as if you were sitting on a chair. Continue the movement by bending the knees, keeping them directly over the feet. Lower yourself until the thighs are about parallel to the ground or to the point where you begin to lose the neutral spine by rounding your lower back. Hold this position for the required time, Make sure to keep the spine neutral and knees aligned at all times.

Sets: 2 Duration: 20|30|40sec Rest: 10|15|20sec

#### 4 Jumping Lunges



Place one foot in front and the other behind so that you're standing in a split stance position.  
Lower yourself by bringing your back knee toward the ground and jump explosively directly up.  
Repeat.

Sets: 2 Duration: 20|30|40sec Rest: 10|15|20sec Other: Rest Between Sets: 2|2|1.5mins

**Notes :**

Rep count and rest options are given as Beginner|Moderate|Advanced for different workout difficulty options.

This is a tabata circuit. Alternating periods of work followed by short periods of rest.

Complete exercises 1 through 4 for the selected difficulty of work followed by rest. Once reaching end of exercise 4 repeat the circuit. After completing the circuit 2 times through rest for the time indicated for between sets.

For beginners, complete 2 set of the tabata circuit. Rest for 2min between sets. This workout should take about 9:50mins.

For moderate, complete 2 sets of this tabata circuit. Rest for 2mins between sets. This workout should take about 13:40mins

For advanced, complete 2 sets of this tabata circuit. Rest for 1.5mins between sets. This workout should take about 17:00mins

For a longer workout just keep adding sets!



**1 Jump Squats**

**Sets: 2 Duration: 20|30|40sec Rest: 10|15|20sec**

REN221701



**2 Sprinters (fast)**

**Sets: 2 Duration: 20|30|40sec Rest: 10|15|20sec**

REN197031



**3 Static Hold Squat**

**Sets: 2 Duration: 20|30|40sec Rest: 10|15|20sec**

REN193499



**4 Jumping Lunges**

**Sets: 2 Duration: 20|30|40sec Rest: 10|15|20sec Other: Rest Between Sets: 2|2|1.5mins**

REN89190