

WORKOUT OF THE WEEK

Tabata workout to increase fitness and burn fat
Do 8 x sets for 20 secs with 10 secs rest between sets

Bench Burpees

20 secs

rest

10 secs

Bench Pushups

20 secs

rest

10 secs

Box Jumps

20 secs

rest

10 secs

Mountain Climbers

20 secs

rest

10 secs

REPEAT ALL THE ABOVE ONE MORE TIME THROUGH