

Tabata 1: All Jump Squats:

April	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								

Round 1-AMRAP (As Many Rounds as Possible)

April	8 -Bicep Curl		8- Side Raise		8- Triceps Extension		10 Bicycles		10 Reverse Crunches		8 Jump Ups	
Week 1												
Week 2												
Week 3												
Week 4												
Week 5												

Tabata 2 –4 Rounds Lunges, 4 Rounds Push Ups: *alternate each round*

April	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								



Round 2-AMRAP

April	6 –Squats		6 –Deadlift		6– Side Lu	nges Right	6– Side Lunges Left		
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									

Tabata 3 – Mountain Climbers/ High Knees

April	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								

Tabata 4 All Star Jumps/Jacks:

April	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								