

# Triple Tabata

## LOWER

Mountain Climbers

Split Jumps

Bottom ½ Wide Leg Squats

Jump Squats

## UPPER

Overhead Punch

Push ups

Fwd/Side Raises

Tricep Overhead Extension

## CORE

Crunch

Reverse Crunch

Bicycle Crunch

Side Step Plank

Set a timer for 20/10 and complete each section 5 times - 10 minutes each - 30 minutes' total