

W.O.W.

Workout of the Week

TABATA BING, TABATA BOOM!

Full body tabata, burn more calories in less time!

Time: 25-35 minutes

Equipment: 1 step and 6 risers (3 for each side)

Instructions: Complete each tabata circuit 4 times, 20 seconds on 10 seconds off. Try to increase your intensity with each new set. Take a 60 second break in-between circuits.

Level	Adjustments
Beginner	Complete each circuit 1 time
Intermediate	Complete each circuit 2 times
Advanced	Complete each circuit 3 times

Circuit 1

Toe taps on the step
Burpee, hands on the step

Circuit 2

Reverse lunge w/ knee drive, start on the step
Plank position, lower body lateral hops over step

Circuit 3

Tricep dips on the step
Squat jumps onto the step, step off

Circuit 4

Pushups on the step
Standing lateral jumps over the step

See a Personal Trainer for more detailed instructions or a demonstration.



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Wisconsin Athletic Club

Always consult your physician before starting any exercise program.
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