**45 Minute Tabatas**

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| **WARM UP (10 OFF / 30 ON) – 8 SETS** |
| Squat | Golf Rotation – Both Arms |
| Low Row | Hip Hinge – Wide Stance |
| Forward Lunge – Y Fly | Squat Row |
| Forward Lunge – T Fly | **RECOVERY: 30 SECONDS** |
| Side Lunge |
| **DURATION:** | **5:50** |

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| **TABATAS: 5 rounds: 20 seconds on, 10 seconds off each** | **RECOVERY** |
| **TABATA 1** |  | 60 SECONDS |
| **TABATA 2** |  | 60 SECONDS |
| **TABATA 3** |  | 60 SECONDS |
| **TABATA 4** |  | 60 SECONDS |
| **TABATA 5** |  | 60 SECONDS |
| **TABATA 6** |  | 60 SECONDS |
| **TABATA 7** |  | 60 SECONDS |
| **TABATA 8** |  | 60 SECONDS |
| **TABATA 9** |  | 60 SECONDS |
| **TABATA 10** |  | 60 SECONDS |
| **DURATION:**  |  | **34:00** |

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| **COOL DOWN (30 ON / 10 OFF) – 7 SETS** |
| Lower Back Stretch | Hip Hinge (Offset Stance) - Right |
| Lower Back Stretch with Rotation – Left/Right | Standing Figure 4 - Left |
| Upper Body Stretch | Standing Figure 4 - Right |
| Hip Hinge (Offset Stance) - Left | **DURATION: 4:40** |