45 Minute Tabatas - Michael

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**

TABATAS: 5 rounds: 20 seconds on, 10 seconds off each		RECOVERY
TABATA 1	**Bicep Curl**: face anchor, mid length	60 SECONDS
TABATA 2	**Hamstring Curl**: heels in, mid-calf	60 SECONDS
TABATA 3	**Overhead Back Extension**: face anchor, mid length	60 SECONDS
TABATA 4	**Chest Fly** (Chest Press with straight arms): face away, long	60 SECONDS
TABATA 5	**Hip Press:** heels in, mid-calf	60 SECONDS
TABATA 6	**Plank**: toes in, mid-calf	60 SECONDS
TABATA 7	**Triceps Press**: face away, mid length	60 SECONDS
TABATA 8	**Hip Abduction**: heels in, mid-calf	60 SECONDS
TABATA 9	**Hinge** (rolling forward from quarter squat): behind anchor, mid length	60 SECONDS
TABATA 10	**Pike**: toes in, mid-calf	60 SECONDS
DURATION:		**34:00**

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**

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