

Circuit 1

» ————— «
Burpees 20 sec
REST 10 sec
Jumping Jacks 20 sec
REST 10 sec

Repeat 2, 3 or 4 X

*Rest Longer if Needed

*Modify as Needed

Circuit 2

» ————— «
Squat Jumps 20 sec
REST 10 sec
Skaters 20 sec
REST 10 sec

Repeat 2, 3 or 4 X

*Rest Longer if Needed

*Modify as Needed

TABATA

Me 1st
Fitness
Training

WEEK 3

Circuit 3

» ————— «
Mountain Climbers 20 sec
REST 10 sec
High Knees 20 sec
REST 10 sec

Repeat 2, 3 or 4 X

*Rest Longer if Needed

*Modify as Needed

Circuit 4

» ————— «
Kettlebell Swings 20 sec
REST 10 sec
Jump Rope 20 sec
REST 10 sec

Repeat 2, 3 or 4 X

*Rest Longer if Needed

*Modify as Needed

MIND & BODY