

# **TABATA INTERVALS x 3 sets =**

**12mins of actual work and 90sec recov. between sets**

- *DB SQUAT TO PUSH PRESS*  
(15kg +, db's)
- *ROWER*
- *BURPEES* (must jump at finish of  
each rep)
- *DB POWER CLEAN TO PUSH  
PRESS* (15kg +, db's)

Pick one of the above exercises and do one Tabata interval which consists of a 20sec high intensity effort followed by a 10sec recovery period, this is to be performed for a period of 4 mins.