

FIT CHICKS®

Total Body Tabatas WORKOUT

Tabatas are 20 seconds of work, alternating with 10 seconds of rest for 8 rounds (4 minutes).

Do each tabatas back to back for a 16 minute full body workout!

Tabatas #1: Goblet Squat

Tabatas #2: Forward Raise to Lateral Raise

Tabatas #3: Jump Lunges

Tabatas #4: Up & Down Plank

Choose your intensity!

Level 1 - Use 5-8 pound weights

Level 2 - Use 10 - 15 pound weights

Level 3 - Use 20 pound weights

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