

ACTIVE AT HOME

Teen Tabata (15min)

No Equipment Needed

Warm up: 3min light jog

Set #1: 20 sec of work followed by 10 sec of rest each set X 2 rounds

Push Ups

Mountain Climbers

Push Ups

Plank Jacks

Set #2: 20 sec of work followed by 10 sec of rest each set X 2 rounds

Jumping Jacks

Squats

Burpees

Lunges

Set #3: 20 sec of work followed by 10 sec of rest each set X 2 rounds

Curl Ups

V-Sit Punches

Bicycle Curls

Scissor Leg Lowers

GREAT WORKOUT!

Remember to always exercise within your means. Modify or take breaks as needed!