

ACTIVE AT HOME

Lower Body Blast #2 TABATA

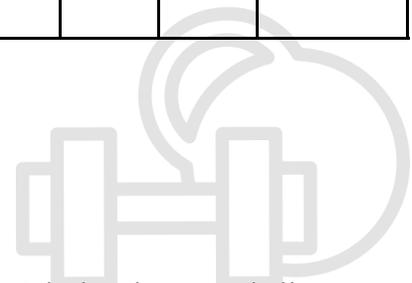
Equipment: Band

Warm Up: 3-5 Minutes

Move around your house; go up and down stairs, run around your kitchen!

8 rounds -20 seconds work to 10 seconds rest X 8 exercises

Exercise	1	2	3	4	5	6	7	8	Total
Squat: Full Squat									
Outer thighs - tube									
Front Lunge									
side squats off bench *Low & Slow or quick with power									
Back lunges with or without weights									
Speed Skating									
Push ups									
Sit ups									



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