



WITNESS — THE — FITNESS

#EMPOWERHER 

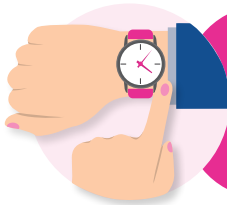
Session 2

TIME: 21 minutes

EQUIPMENT: Stopwatch / Interval trainer.
You can download an app onto your phone.

TYPE: Tabata
(20 seconds work / 10 seconds of rest)

SAFETY: Complete a warm-up and cool-down with each session.



Set your timer for 5 rounds of 20 seconds of work and 10 seconds of rest.



Watch each of the clips if you are unsure of the exercise.

PART 1 (5 minutes) PART 2 (5 minutes)

Complete 5 rounds of the following:

20 seconds Speed Skaters

10 seconds rest

20 seconds Sprawls with 180° Jump

10 seconds rest

Complete 5 rounds of the following:

20 seconds Superman Burpees

10 seconds rest

20 seconds Bench Dips

10 seconds rest



PART 4 (5 minutes) PART 3 (5 minutes)

Complete 5 rounds of the following:

20 seconds Hands-Up Knees-Up

10 seconds rest

20 seconds Wall Sit

10 seconds rest

Complete 5 rounds of the following:

20 seconds Side Shuffle and Squat Down

10 seconds rest

20 seconds Wide Arm Push-Up

10 seconds rest