

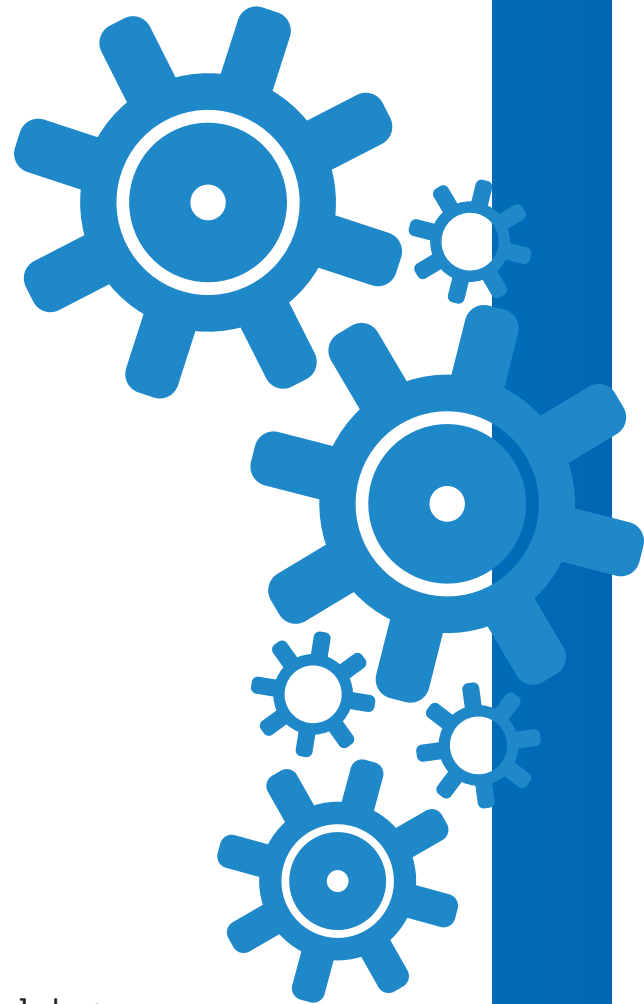
#SAFERATHOME WORKOUT

Tabata • 3 Rounds • 8 rounds of each exercise
(:20 of work, :10 seconds of rest)

1. Jumping Jacks
2. Plank
3. Skaters
4. Elbow Plank
5. Burpees

Modified Version (4 Rounds)

1. Jack Toe Taps
2. Wall/Chair Plank
3. Side Steps
4. Wall/Chair Plank
5. Step Skiers



Courtesy of Y Group Fitness Instructor, Jodeen.
Questions? Email fitness2@ymcajanesville.org.