

Circuit

SR	Exercise Name	
1	10 Kg Weight ke sath squats	
2	Type Push	
3	Medicine ball Burpee	
4	Side's with Weight	
5	Shoulder Touch's	
6	2 Stepper par sumo squats	
7	Lunges with Weight	
8	Planks	
9	weight leke Crunches	
10	Weight leke stepper	
11	Plate leke Triceps	
12	Kick Boxing	
13	Rolling Burpee	
14	Bicipical Crunches with weight	
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Rules

Members ko 8 Round Tabata ke karane hai

Tabata song ke sath har exercise ko alternate karna hai

Thodi si intesity badhane ke liye weight hands me le sakte hai

workout ke beech me 2 Min ka gap rahega

Note:- Trainer apne hisab koi bhi exercise add kar sakte hai