

Tabata

SR	Exercise Name	How to do?
1	Jamping jack & Squats	Normal Jack and Normal Squats
2	Pushups & Burpee	Knee ko bend karke push ups hai
3	Jumping SQ & Planks	Jump karke Squat karna hai
4	Lunges & High Knee	High knee's me knees hand ke touch hone.
5	spot Running & Mt Climb	ek jagah standing me running karna hai
6	Punch & Biceps Crunch	Punching me only Dumbell leke boxing karna hai
7	Squats Kick & Spot Running	Squats kick me squats karke kick karna hai
8	brisk walk & walking burpee	ek jagah standing me running karna hai fir walking burpee
9	Crunches & Planks	
10	Russian Twist & Side Planks	
11	Bridge & Dynamic Planks	Dynamic Planks me planks karte time par movement karna hai
12	Cool Down	
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		