

Strength Tabata

SR	Exercise Name	
1	Incline Chest Press + D/B Chest Press	
2	Hammer Biceps with D/B + Biceps with D/B	
3	Leg Extension + Squats	
4	Shoulder Press + Arnold Press	
5	Lat Pull Down + Front Pull Down	
6	Side Stretch & Biceps Crunch	
7	Burpee with weight & Planks	
8	Plate triceps + Single Hand Triceps	
9	Side Stretch & Biceps Crunch	
10	Russian Twist & Side Planks	
11	Bridge & Dynamic Planks	
12	Sumo Squats + Calf Raise	
13	Tyre Push + Trunk Rotation	
14	Kick Boxing + High Knee's	
15	Plyometric box up down + side kick	
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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 intensity 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