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Holiday 8 x 8 Tabatas

Set timer\* for a tabata: 10 sec rest / 20 sec work x 8 rounds  
—rest 1-2 min between tabatas & repeat 3-8 times

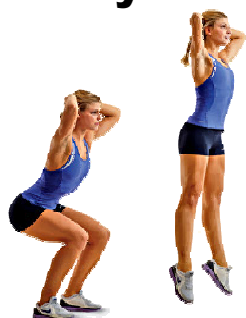
### 1 Jacks



### 2 Hand Release Push Ups



### 3 Jump Squats -or- Full Body Extension



### 4 Tricep Dips



### 5 Donkey Kicks

5



### 6 Reverse Lunges

6



### 7 Burpees -or- Mt Climbers

7



### 8 AB Flutter Kicks

8



\*GYMBOSS is a free timer app