WORKOUT WEDNESDAYS

WEEK 6 PROGRAM

Tabata: This is a timed workout. Set you timer with 2-4 minutes per exercise, 20 seconds of work and 10 seconds off (rest). Complete each exercise 4-8 rounds. Once you have completed all rounds of one exercise rest for 60 seconds then continue to the next exercise.

Exercise 1: *Hops to Sumo Squat*

Exercise 2: *Plank to Bear to Arm Extension*

Exercise 3: *Reverse Lunge to Shoulder Press*

Exercise 4: *Plank Side to Side Toe Tap to Shoulder Tap*

Exercise 5: *Narrow to Sumo Jump to Heel Raise*

Exercise 6: *Table Top to walk Out*

Exercise 7: *Side Step Squat Jump*