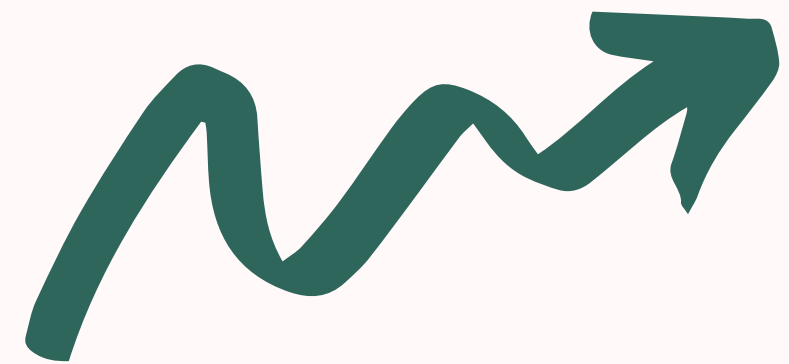


20 sec on 10 sec off  
Tabata!





## ROUND 1

Scissor run

Shoulder taps

20 sec on 10 sec off  
repeat 4x through


*REST FOR 1-2 MINS*

## ROUND 2

Butt kick burpees

High plank side openers

20 sec on 10 sec off  
repeat 4x through



## ROUND 1

Scissor run

High plank shoulder taps

20 sec on 10 sec off

repeat 4x through





## **SCISSOR RUN 20 SEC ON**

A simple movement so please keep  
your pace up!



**10 SEC OFF**

Head to the mat for some high plank  
shoulder taps





## HIGH PLANK SHOULDER TAPS 20 SEC ON

Get into high plank  
Bring opposite hand to opposite  
shoulder  
Engage your core to avoid hips  
swinging side to side



## **10 SEC REST**

Repeat the scissor runs and shoulder taps 4x through  
Once round 1 is completed take a 1-2 minute rest then move into round 2

## **ROUND 2**

6 butt kicks into burpee  
High plank side openers  
20 sec on 10 sec off  
repeat 4x through





## **6 BUTT KICKS INTO BURPEE 20 SEC ON**

Preform 6 butt kicks  
Jump down into high plank, jump back  
up to standing then into more butt  
kicks.  
repeat



## **10 SEC REST**

Get on mat for High plank side  
opener's