

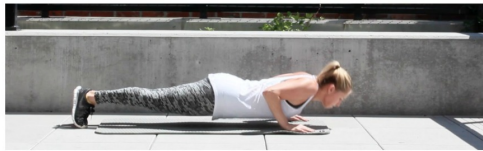
4 MINS TO FIT TABATA HIIT WORKOUT

Perform 2 rounds of the following four exercises.
Rest for 10 seconds in between each set.



1. Box Shuffle > Rest

20 secs > 10 secs



2. Frog Plank Tuck > Rest

20 secs > 10 secs



3. Box Touch Drill > Rest

20 secs > 10 secs



4. Side Plank Knee Touch

20 seconds

Rest for 10 secs & Repeat

