



STRENGTH + TABATA Finisher

(FOCUS: Legs & Shoulders)

Complete 2-3 supersets of A1 + B1.

Progress to the next row of supersets and complete 2-3 sets.

*Finish with 4 min. Tabata:

20 sec of Jump Squats; 10 sec rest

20 sec of Mountain Climbers; 10 sec rest

➤ 4 rounds

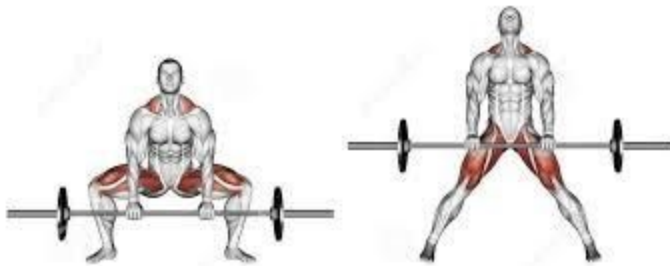
A1) Sumo Goblet Squat x 10



B1) Shoulder Press x 10



A2) Sumo Deadlift x 10



B2) Upright Row x 10



A3) Curtsy Lunge x 8 each leg



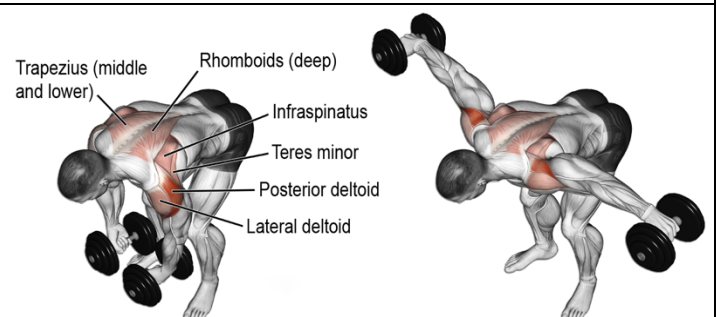
B3) Lateral Raise x 10



A4) Lateral Step Up x 8 each leg



B4) Bent-over Fly x 10



***FINISH WITH 4 MIN TABATA**

