Tabata Sets from CoachParker.org

	Warm Up									Cool Down
	1	2	3	4	5	6	7	8	9	10
1	Run in Place	Box in place	Mogols	Hole Bounces	Lunges	X Boxes	Long Jumps Lunge Bks	Box Square Jumps	Seal Lunges	Standing Toe
2	Jumping Jacks	Pulling Grass	High Knee Claps	High Kick Claps	Get off Ground	Lunge w/ Twists	Side Karate Kicks	Tuck Jumps	Up Down Rolls	Butterfly
3	Seal Jacks	Jumping Jacks	One Foot Hops	Rotation Jumps	Seal Jumps	Jump Jump Jack	Plank Jump Jacks	Delt Jumping Jacks	Pwer Jack Sqts	Rt Hurdler
4	One Foot Hops	Wide Push Ups	Close Push Ups	Finger Plank	Spidermans	Plank Push Ups	Sky Divers	ABC Push Up	Inch Worms	Rt Quad
5	High Knee	Set Ups	Bike Crunches	Leg Lifts	Leg Levers	Dead Bug	Side Plank Rt	Side Plank Lt	Venus Fly Traps	Lt Hurdler
6	High Kicks	Body Builders	Burpees	Up Downs Rolls	Burpees	Body Builders	Up Downs Rolls	Burpees	Body Builders	Lt Quad
7	Toes to Sky	Mtn Climbers	Sprint Climbers	Squats	Sd to md Climbers	Bird Dogs	Vertical Scissor	Sissy Sqts Camels	Sprint Climbers	Back Bridge
8	Opp Flutters	Standing 2 Toe	Butterfly	Rt Hurdler	Lt Hurdler	Rt Quad	Lt Quad	Back Bridges	Sphinx	Sphinx

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