Advanced Tabata Workout

Warm up with at least 5 min of cardio
Alternate the exercises in each Tabata one after the other for 20 seconds, rest for 10, repeat each Tabata one time

Tabata 1
- Squat Jumps
- Heel Digs

Tabata 2
- Plyo Jacks
- Speed Skaters

Tabata 3
- Froggy Jumps
- Plyo Lunges

End with a cool down and stretch

More workouts at getfitwithpaige.com