

tara abel

FITNESS & LIFESTYLE

PRESENTS

THE

BACK TO BASICS

CHALLENGE

FITNESS DOESN'T HAVE TO BE COMPLICATED.

BACK TO BASICS CHALLENGE

WEEK ONE

TABATA CARDIO

Perform the exercise for 20 seconds of all-out work, resting for 10 seconds, for a total of 6 times through. Should feel VERY HARD.

Exercise	Time	Instructions	Modification
Burpees	20 seconds work / 10 seconds rest	Start standing up into a fully extended position with chest up and shoulders back and down. Quickly move your hands down to the floor and jump your legs back to a fully extended position while lowering your body in to the lowest position of a press up. Bounce your legs forward while pushing up with your arms then jump up fast and high. Keep your head in a neutral position throughout the movement and don't allow your hips to drop below the point where your body is straight from ankles to head.	Burpees from incline. Stepping rather than jumping. OR Full body extension

	X 6 rounds		
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