

TABATA HIIT WORKOUT WITH WEIGHTS

20/10 8 ROUNDS

1. Upright Rows w/ez bar (10lb each side)
2. Full Bicep Curl (10lb)
3. Tricep Press(15lb)
4. Deadlift (20lb)
5. Lateral Raise (10lb)
6. Single Arm Kettelbell Row (20lb)
7. Russian Twists w/Medicine Ball (8lb)
8. Sumo Squats (25lb)

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BONUS ROUND

Skull Crusher (10lb)

Hammer Curl (15lb)

Kettlebell Swing (20lb)

Squat Jumps