

TABATA HIIT WORKOUT WITH WEIGHTS

20/10 8 ROUNDS

1. Front Raise
2. Upright Row
3. Bicep Curls
4. Squats
5. Lateral Raise
6. Overhead Tricep Extension
7. Hammer Curls
8. Dumbbell Overhead Press



BONUS ROUND

Jumping Jacks

Dumbbell Russian Twists

High Knees

Plank