Tabata 4 Min Workout 20 Seconds Work. 10 Seconds Rest. 8 Rounds

- 1. Jumping Jacks
- 2. Sit-ups
- 3. Push-ups
- 4. Squats
- 5. Plank
- 6. V Sit-Ups
- 7. Bicycle Crunches
- 8. Russian Twist

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