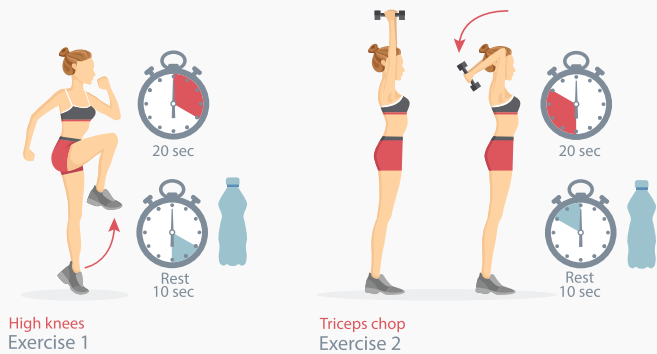


Advanced Workout Plan



Circuit 1

Minute 1

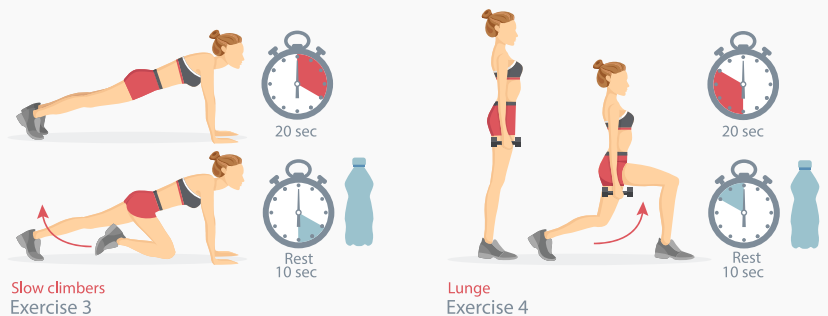
The Tabata circuit system

One circuit = 30 sec



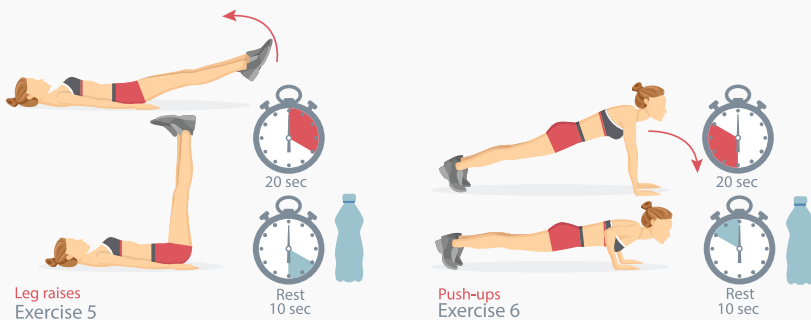
The Tabata system

	Exercise 1	Rest 1	Exercise 2	Rest 2
Circuit 1	High knees	10 sec	Triceps chop	10 sec
Circuit 2	Slow climbers	10 sec	Lunge	10 sec
Circuit 3	Leg raises	10 sec	Push-ups	10 sec
Circuit 4	Flutter kicks	10 sec	Plank	10 sec



Circuit 2

Minute 2



Circuit 3

Minute 3

Sum of repetitions in all circuits

	Mo	Tu	We	Th	Fr	Sa	Su
Exercise 1							
Exercise 2							
Exercise 3							
Exercise 4							
Exercise 5							
Exercise 6							
Exercise 7							
Exercise 8							

Tabata account
(sum of repetitions in last circuit 4)

	Mo	Tu	We	Th	Fr	Sa	Su
Exercise 7							
Exercise 8							



Circuit 4

Minute 4