

Cabin Fever RELIEVER

Good morning friends! This mornings workout is brought to you by Mother Nature and her snow! Master Trainer Nicole Bosley-Smith whipped up a 26-minute traditional tabata workout for you to do right from home today. Work as vigorously and as hard as you can in the exercise portion and rest for the full break!

Exercise Bout # 1: Repeat 7x

- Jump squats (or squat in place) for 20 sec
- Rest for 10 sec

Rest for 1 minute

Exercise Bout # 2: Repeat 7x

- Push ups (kneeling or from your toes) for 20 sec
- Rest for 10 sec

Rest for 1 minute

Exercise Bout # 3: Repeat 7x

- Jumping lunges (or alternating lunges in place) for 20 sec
- Rest for 10 sec

Rest for 1 minute

Exercise Bout # 4: Repeat 7x

- Run your stairs up and down for 20 sec
- Rest for 10 sec

Rest for 1 minute

Exercise Bout # 5: Repeat 7x

- Plank (kneeling or from your toes) for 20 sec
- Rest for 10 sec

Rest for 1 minute

Exercise Bout # 6: Repeat 7x

- Crunches with neck supported (don't pull!) for 20 sec
- Rest for 10 sec

Workout complete!



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