

A-TABATA-A-DAY

4-Minute Fat-Blasting Workouts for Every Day of the Week

www.TheSeasonedMom.com

Directions:

Perform each exercise at maximum effort for 20 seconds, and then rest for 10 seconds. Repeat for 8 rounds, which equals a total of 4 minutes.

MONDAY:

Jumping Jacks
Push-Ups

TUESDAY:

Burpees
Alternating Lunges

WEDNESDAY:

Mountain Climbers
Russian Twist

THURSDAY:

Skaters
Forearm Plank

FRIDAY:

Shadow Boxing
Squats