

RU FIT VIRTUAL WORKOUT 3

TABATA

Set Up: Set timer to 20: 10- use a mat or towel if necessary.

Complete 20 secs of Exercise 1 followed by a 10 sec recovery. Complete 20 sec of Exercise 2 followed by a 10 sec recovery. Alternate between the two movements for a total of 4 rounds each exercise. After completion of round 4, recover and prepare for the next block. Each block will consist of a traditional 4 minute tabata.

Total time: 4 min

WARM UP

*20 sec of exercise
10 sec jog in place
4 total rounds*

Squat Jacks

Inch Worm

Total time: 16 min

WORKOUT

Block	Exercise 1	Exercise 2
Block 1	Squat Walks	Squat Jump
Block 2	Plank to Low Sumo Squat	Burpee with Clap Overhead
Block 3	Alt. Lunge to Knee Drive	Jumping Lunges
Block 4	Wide Push Up	Superman

Total time: 4 min

FINISHER

CORE WORK
20 sec exercise
10 sec recovery
4 rounds

Exercise 1: Reverse Crunch to Toe Touch
Exercise 2: Bicycles

STRETCH

**Hold each stretch for
20-30sec**

Stretch 1: Childs Pose
Stretch 2: Upward Facing Dog
Stretch 3: Forward Fold