

Do Life Fit 24 Day Challenge

Phase 2

Day 16 – TABATA/TABATA ABS

➤ *I recommend using your Tabata app timer for the following:*

Tabata 1

1. 20 second jumping jacks.
2. 10 second break
3. 20 second step back lunges
4. 10 second break
5. 20 second high knees
6. 10 second break
7. 20 second butt kicks
8. 10 second break

Repeat everything one more time for a total of 4 minutes.

Tabata 2

1. 20 second push-up position alternating shoulder tap
2. 10 second break
3. 20 second alternating heel touches
4. 10 second break
5. 20 second bicycle crunch
6. 10 second break
7. 20 second flutter kicks
8. 10 second break

Repeat everything one more time for a total of 4 minutes.

➤ For more advanced, repeat both Tabata one more time.

➤ *STRETCH*

➤ *DO NOT FORGET TO DRINK PLENTY OF WATER*