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Body-Weight HIIT Workouts. Warm Up/ Stretch 20 Min AMRAP 10 Squat Jumps 10 Close Grip Tricep Push Ups 10 Burpee To Broad Jumps ... Tabatas: (20 Sec Work/ 10 Sec Rest) Complete One Round: 8 Rounds Tabata : Jumping Lunges 8 Rounds Tabata : High Knees 8

Rounds Tabata : Skate Hops 8 Rounds Tabata :
Burpees 8 May 4th, 2024

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