



### Week 3: Workout #2

**Equipment:**

Dumbbells

Mat

**Tabata workout:** Suggested app- Tabata Pro

You will do 4 sets of each exercise for 20 seconds "on" then rest for 10 seconds in between (unless noted otherwise below).

**Tabata**

- A) Burpee, Curtsey Lunge
- B) Squat, Squat Jump
- C) Tricep Push-Up, Regular Push-Up (Knee Push-Ups are perfect too)
- D) Shoulder Tap Plank, Elbow Plank
- E) Mountain Climbers, Plank Jack
- F) Pulsing Lunge (4 each side)
- G) Tricep Dip, Bridge
- H) Side Plank (4 each side)