

UFIT Workout 1

Tabata & Core

5 rounds

20 seconds of work with 10 seconds rest between each exercise

1 minute break between each round

1. Jumping Jacks
2. Squats or Squat jumps
3. Push Ups
4. Reverse prisoner lunges or Jumping lunges
5. Mountain Climbers
6. Side lunge (alternating legs)
7. High knees
8. Burpees

Round 6- Core

Use Tabata timer and go through the 4 exercises twice

1. Flutter kicks
2. Sit ups
3. Standing side oblique crunch (Right round 1, left round 2)
4. Plank