

UFIT Workout 10

Superset Tabata

Round 1:

Squat Jumps 20 seconds

Push ups 20 seconds

Repeat 4X alternating exercises

Round 2:

Mountain Climbers 20 seconds

Tricep Dips 20 seconds

Repeat 4X

Round 3:

Backward stepping lunges or jumping lunges

High knees

Round 4:

Bear crawl

Butt kicks

Round 5:

Burpees

Tricep Push ups

5 rounds

20 seconds on each exercise

Repeat both exercises 4X to complete round