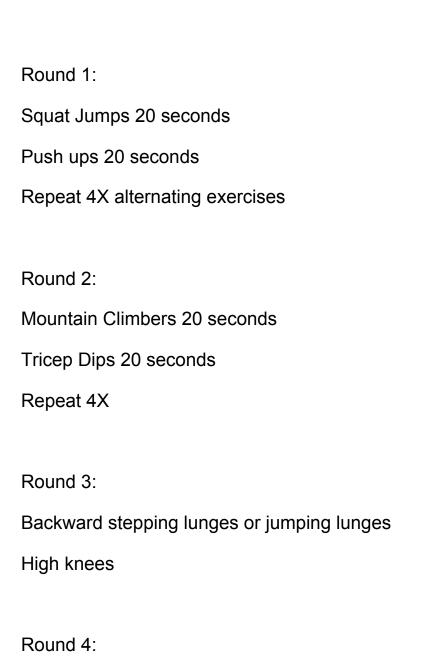
UFIT Workout 10

Superset Tabata



Bear crawl
Butt kicks
Round 5:
Burpees
Tricep Push ups
5 rounds
20 seconds on each exercise
Repeat both exercises 4X to complete round