A-TABATA-A-DAY
4-Minute Fat-Blasting Workouts for Every Day of the Week
www.TheSeasonedMom.com

Directions:
Perform each exercise at maximum effort for 20 seconds, and then rest for 10 seconds. Repeat for 8 rounds, which equals a total of 4 minutes.

MONDAY:
Jumping Jacks
Push-Ups

TUESDAY:
Burpees
Alternating Lunges

WEDNESDAY:
Mountain Climbers
Russian Twist

THURSDAY:
Skaters
Forearm Plank

FRIDAY:
Shadow Boxing
Squats