

# ADVENTUROUS HEALTH

## Personal Fitness

Most Tabata Sessions work horizontally having you complete all 8 intervals of an exercise before moving to the next exercise cycle. I use the vertical loading method proposed by NASM which allows for minimal rest and maximum recovery of the muscle group after each exercises. Perform each exercise for 20 seconds, rest for 10 seconds and perform the next exercise cycle. Once you complete first Tabata round take a 60 second break and move on to the next Tabata round. I guarantee a sweaty, breathless good time! Don't forget the water and towel folks!

### CORE FOCUSED

Exercise	1	2	3	4	5	6	7	8	9	10	Notes
MOUNTAIN CLIMBERS											
SIDE PLANK W/ HIP RAISE											
LEG RAISE											
OBLIQUE TWIST											
BIRD DOG (W/ WEIGHT)											
HIGH KNEES											
V UPS											