

# 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!

### TOTALBODY TWO

Exercise	1	2	3	4	5	6	7	8	9	10	NOTES
JUMPING JACKS											
PUSH UP											
LEG RAISES											
HIGH KNEES											
SQUAT											
TRICEP DIP											
PLANK											
LUNGE											