

PODRUNNER

Tabata Plus

Workout Outline



In the spaces provided, write down the exercises you will perform full-out for 20 seconds each. They can be the same four for each set, or you can vary them (for instance, emphasizing a different muscle group for each set).

A warning tone will tell you when it's time to go to the next exercise, and when to go on & off break.

Stretch out, hydrate, and be sure to press "pause" whenever you need to.

WARM-UP		3 minutes
SET 1	1. _____	20 seconds
	2. _____	20 seconds
	3. _____	20 seconds
	4. _____	20 seconds
BREAK 1		30 seconds
SET 2	1. _____	20 seconds
	2. _____	20 seconds
	3. _____	20 seconds
	4. _____	20 seconds
BREAK 2		30 seconds
SET 3	1. _____	20 seconds
	2. _____	20 seconds
	3. _____	20 seconds
	4. _____	20 seconds
BREAK 3		30 seconds
SET 4	1. _____	20 seconds
	2. _____	20 seconds
	3. _____	20 seconds
	4. _____	20 seconds
COOLDOWN		3 minutes