



rip:60™



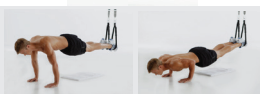
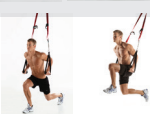





TABATA

DURATION: APPROXIMATELY 20 MINUTES

DETAILS: Tabatas are a great way to add significant intensity to your workouts. Adding intensity will help you break through plateaus to reach your fitness goals. Tabatas are exercises done at nearly max intensity for 20 seconds followed by 10 seconds of rest. Complete this workout to find out why 20 seconds can seem like forever!

PROGRAM: Perform each exercise for 20 seconds at maximum effort, then rest for 10 seconds. Perform five sets before moving on to the next exercise. The goal is to do as many reps as possible with control during the 20 seconds.

WARM-UP: Start with foam rolling and dynamic warm-up.

EXERCISE		REPS/TIME	EQUIPMENT
Lat Pull		:20 on/ :10 off	Rip:60 Suspension System
Squat Jumps		:20 on/ :10 off	Rip:60 Suspension System
Plank Push to to Knee Tuck		:20 on/ :10 off	Rip:60 Suspension System
Forward Jump Lunges		:20 on/ :10 off	Rip:60 Suspension System
Prone Swimmer		:20 on/ :10 off	Rip:60 Suspension System
Tricep Extensions		:20 on/ :10 off	Rip:60 Suspension System
Peter Pans		:20 on/ :10 off	Rip:60 Suspension System
Bicep Curls		:20 on/ :10 off	Rip:60 Suspension System
Pushing Rotations		:20 on/ :10 off	Rip:60 Suspension System