

Tabata Schedule - Beating Corona Boredom R.F.C.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Squat	Mountain Climbers	Reverse Crunches	Squat	Mountain Climbers	Reverse Crunches	Rest!
	Push-ups	Skaters	Bike Crunches	Push-ups	Skaters	Bike Crunches	
	Alternating lunges	Jumping Jacks	Regular Crunches	Alternating lunges	Jumping Jacks	Regular Crunches	
	Tricep Dips	Plank Jacks	Plank	Tricep Dips	Plank Jacks	Plank	
Week 1	10/20 for 8 rounds	Set your timer for 8 rounds of 10 secs rest and 20 secs of exercise					
Week 2	15/30 for 8 rounds	Set your timer for 8 rounds of 15 secs rest and 30 secs of exercise					
Week 3	20/40 for 8 rounds	Set your timer for 8 rounds of 20 secs rest and 40 secs of exercise					
Week 4	15/45 for 8 rounds	Set your timer for 8 rounds of 15 secs rest and 45 secs of exercise					
Week 5	10/50 for 8 rounds	Set your timer for 8 rounds of 10 secs rest and 50 secs of exercise					
		Schedule from the web One of my favourite coaches Katie Turnbull did the timing, she advised to download the WOD Timer for this.					