



Tabata Exercises and Web Links

**** Remember to ONLY do what you are capable of doing, and listen to your body. There are a number of modifications within each exercise.**

Precautions

See your doctor before trying this workout if you have any injuries, illnesses or other conditions.

1. [Air squats](#)
2. [Jumping Jacks](#)
3. [Knee ups](#)
4. [Speed Skaters](#)
5. [Push ups](#)
6. [Lunges](#)
7. [Jump Rope](#)
8. Stair Climbing in Building
9. [Mountain Climbers](#)
10. Jog-Walk around campus
11. [Squat Jumps](#)
12. [Planks](#)