

TABATA – RU Fit Virtual Workout - #3

Set up: Set a timer for 20:10 interval. Use a mat or towel, if available

Warm Up Total Time: 4 min	Complete 20 secs of Exercise 1 followed by a 10 sec jog/march in place. Complete 20 sec of Exercise 2 followed by a 10 sec jog/march in place. Alternate between the two movements for a total of 4 rounds each exercise
Exercise	Description
Squat Jack	Start with feet together, jump feet out wide into a sumo squat position. Knees should be bent at 90 degrees and the arms swing to overhead. Jump the feet back together and bring the arms back down. Modification: Jumping Jacks
Inch Worm	Start standing with feet hip width apart. Hinge forward and place palms onto the floor. Walk hands forward into a high plank. Shoulders should be stacked over wrists. Walk hands back toward feet and stand up. Modification: Go Slow

Workout Total Time: 16 min	Complete 20 secs of Exercise 1 followed by a 10 sec recovery. Complete 20 sec of Exercise 2 followed by a 10 sec recovery. Alternate between the two movements for a total of 4 rounds each exercise. After completion of round 4, recover and prepare for the next block. Each block will consist of a traditional 4 minute Tabata.		
Exercise 1	Description	Exercise 2	Description
Squat Walks	Start in a kneeling position, one foot at a time, land into a low squat position. Push off the balls of the feet and perform a squat jump. After you land, go back down, one foot at a time, to a kneeling position Modification: Squat Pulse	Squat Jumps	Stand with feet shoulder width apart. Push the hips back, bend the knees to bring the weight into the heels. Keep the chest lifted and brace the core. As you stand, swing the arms and push off the balls of the feet. Modification: No Jump
Plank to Low Sumo Squat	Starting in plank position, tuck the tail bone under and jump the feet in outside shoulder width. With the full foot on the ground, lift the chest and shift the weight into the heels. Return the hands to the ground, and jump the feet back into a plank position Modification: Hold Plank	Burpee with Clap overhead	Stand with feet shoulder width apart. Push the hips back, bend the knees, and lower into a squat. Place the hands on the ground and jump the feet back into a plank. Jump feet back in, outside the hands. Reach arms overhead as your jump and clap the hands. Modification: No Jump
Alternating Lunge to Knee Drive	Standing feet together, take a long step back, bringing the knee close to the ground. From the ground, drive the back knee up, coming into a standing position with your left leg lifted at 90 degrees. Modification: Lunge with no knee drive	Jumping Lunges	Start standing feet together, take a long step back, bringing the knee close to the ground. With core engaged, push off the bottom of both feet into a jump, switching position of the feet in midair, landing in a basic lunge on the other side Modification: No jump
Wide Push Up	Place hands on the floor just wider than shoulder width, and begin in plank position with a long, flat back. Brace the core and glutes while you bring chest to elbow height. Push through the palms and return to plank position Modification: Perform on knees	Supermans	Lay face down on the mat, with arms outstretched. Keep hands and arm straight throughout the exercise. Raise hands and legs 4-5 inches off the ground. Hold for 5 seconds, then return to starting position. Modification: Bend arms

Core Finisher Total Time: 4 min	Complete 20 secs of Exercise 1 followed by a 10 sec recovery. Complete 20 sec of Exercise 2 followed by a 10 sec recovery. Alternate between the two movements for a total of 4 rounds each exercise		
Exercise 1	Description	Exercise 2	Description
Reverse Crunch to Toe Touch	Start lying down with arms to the side. Raise legs and bring the knees up towards the chest and raise the hips off the floor. Slowly lower legs back to the starting position. After back lowers down, reach arms up to crunch and touch your toes Modification: Crunch	Bicycles	Lie face up and place your hands behind your head. Rotate to the right, bring the left elbow toward the right knee as on extend the other leg into the air. Switch sides, bringing the right elbow toward the left knee. Alternate each side in a pedaling motion. Modification: Tap Opposite Foot to the Ground

Stretch Total Time: 2 min		
1) Childs Pose	2) Upward Facing Dog	3) Forward Fold

RU FIT VIRTUAL WORKOUT 3

TABATA

Set Up: Set timer to 20: 10- use a mat or towel if necessary.

Complete 20 secs of Exercise 1 followed by a 10 sec recovery. Complete 20 sec of Exercise 2 followed by a 10 sec recovery. Alternate between the two movements for a total of 4 rounds each exercise. After completion of round 4, recover and prepare for the next block. Each block will consist of a traditional 4 minute tabata.

Total time: 4 min

WARM UP

*20 sec of exercise
10 sec jog in place
4 total rounds*

Squat Jacks

Inch Worm

Total time: 16 min

WORKOUT

Block	Exercise 1	Exercise 2
Block 1	Squat Walks	Squat Jump
Block 2	Plank to Low Sumo Squat	Burpee with Clap Overhead
Block 3	Alt. Lunge to Knee Drive	Jumping Lunges
Block 4	Wide Push Up	Superman

Total time: 4 min

FINISHER

CORE WORK
20 sec exercise
10 sec recovery
4 rounds

Exercise 1: Reverse Crunch to Toe Touch
Exercise 2: Bicycles

STRETCH

**Hold each stretch for
20-30sec**

Stretch 1: Childs Pose
Stretch 2: Upward Facing Dog
Stretch 3: Forward Fold