

**TABATA
TURBULENCE
[20/10 X 8] 4.**





FUNCTIONAL FITNESS, NUTRITION & WELLNESS

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46 Fieldway Unit #8, Etobicoke, ON
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Total Time 30 Minutes:

- **Begin with mobility warm up and movement prep**
- **Perform 20 Minutes of 20-10 Tabatas.**
- **Alternate between 20 seconds of maximum effort and 10 seconds of rest.**
- **Perform 8 consecutive rounds followed by a 1-minute rest and transition.**
- **Perform Compensation at end of workout**

Warmup

- Neck
- Shoulder Rolls
- Gun Slingers
- Clasped Hand Forward Fold
- Squat to stand + Arm Extension
- Hip Circles
- Knee Circles
- Prisoner Lunge & Twist
- Down Dog / Up Dog
- Hip Swivels

20 Minutes of 20-10 Tabatas

Perform 4 cycles

1. Pushup
2. Dumbbell Row / Soup Can Row
3. Kettlebell Swing / Jump Squats
4. Alternating Front lunge

1 minute rest after 8 consecutive rounds

(Hold for 30-60 secs focusing on breath)

Foam Roll

Pigeon

Forearm Frog

Floor Bow / Quad Stretch

Scorpion / Chest Stretch

Spinal Twist Stretch



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