



Day 60



Exercise
Tabata 20/10
X2 sets
20 Seconds Squat Thrust
10 seconds rest
20 Seconds Press Ups
10 seconds rest
20 Seconds Box Squats
10 seconds rest
20 Seconds Reverse Crunch
10 seconds rest
20 Seconds Sit Ups
10 seconds rest
20 Seconds High Knees
30 seconds rest
repeat