

"Jack Time" Tabatas

Timed 20/10's x 5 - You can do all one exercise 5x, then switch or go through them all and repeat 4x.

	Date:	Rounds	Date:	Rounds	Date:	Rounds
Jumping Jacks						
Squat Jacks						
Plank Jacks						
Frog Jacks						
Deadlift Jacks						
			<i>women. live. fit. ~ fitness</i>			