

WORKOUT TWO

Exercise Library			
Lower	Upper	Core	Power
Squat	Pushup	Plank	Lateral Jumps
Split Squat	Incline Pushup	Side Plank	Tuck Jumps
Forward Lunge	Decline Pushup	Reverse Crunch	Burpees
Reverse Lunge	Bench Dips	High To Low Planks	Jump Lunges
Lateral Lunge	Row	Bear Crawl	Jump Squats
Rear Foot Elevated Split Squat	Bicep Curl	Glute Bridge	Star Jumps
Deadlift / Hip Hinge	L Lateral Raise	DeadBug	

[UNB URec Exercise Videos](#)

Tabata

20 seconds of work: 10 seconds of rest for 8 Rounds!

Select 4 exercises from our exercise list

20 seconds	Exercise 1	Squat
10 Seconds Rest		
20 seconds	Exercise 2	Deadbug
10 Seconds Rest		
20 seconds	Exercise 3	Pushup
10 Seconds Rest		
20 seconds	Exercise 4	Reverse Crunch
10 Seconds Rest		
20 seconds	Exercise 1	Squat
10 Seconds Rest		
20 seconds	Exercise 2	Deadbug
10 Seconds Rest		
20 seconds	Exercise 3	Pushup
10 Seconds Rest		
20 seconds	Exercise 4	Reverse Crunch
Rest 1-2 Minutes and try another round if you want!		

