

**Workout Of The
Week #4**



**Jan. 29 -
Feb. 4**

Winter Warrior Challenge

This is a Tabata Workout.

Start with Tabata #1. Work Time: 20 seconds. Break Time: 10 Seconds.

Repeat the same exercise for a total of 8 Rounds.

After completing the 8 rounds take a 1-minute break & move on to the next tabata.

Equipment Needed:



5 - 10 lb Dumbbells

+



Yoga Mat

+



Timer

Tabata #1

Skipping

(Skipping Rope Optional)

20 Seconds of Work. 10 Second Break. Complete 8 Rounds.



Tabata #2

Lateral Raises

(5 - 10lb Dumbbells)

20 Seconds of Work. 10 Second Break. Complete 8 Rounds.



Tabata #3

Plank Rows (Alternate Arms)

(Dumbbells Optional)

20 Seconds of Work. 10 Second Break. Complete 8 Rounds.



Tabata #4

Bicycle Abs

(Yoga Mat)

20 Seconds of Work. 10 Second Break. Complete 8 Rounds.



Visit the City of Leduc YouTube Channel
to watch this workout video.



**DO
your
THING.**