

Sports West Personal Training's

TABATA CHALLENGE



Through April 30, 2019

{ 20 seconds work } X 8 repeats
{ 10 seconds rest }

APRIL FITNESS CHALLENGE

APRIL FITNESS CHALLENGE EXERCISES

<i>ROW MACHINE</i>		<i>CORD RESISTED SNOW ANGELS/REVERSE CRUNCHES</i>	
<i>PUSH UPS</i>		<i>CORD OR CABLE LIFT</i>	
<i>TRX PUSH UPS</i>		<i>MOUNTAIN CLIMBERS</i>	
<i>KETTLE BELL SWINGS</i>		<i>TRX® SQUAT JUMPS</i>	
<i>AIR SQUATS</i>		<i>CORD-RESISTED PALLOF SIDE JUMPS</i>	
<i>TRX® HAM BICYCLE GOBLET SQUATS</i>		<i>CORD LAT PULL DOWN/LUNGE</i>	
<i>JUMP LUNGES</i>		<i>TRX® STANDING HIP EXTENSION</i>	
<i>HEAVY BAG FRONT KICK/BACK KICK</i>		<i>TRX® STANDING HIP EXTENSION</i>	
<i>STATIONARY BIKE</i>		<i>TRX® LYING HIP BRIDGE</i>	
<i>RIP STICK LACROSSE</i>		<i>BURPEES</i>	
<i>RIP STICK HOCKEY</i>		<i>CURVE TREADMILL SPRINTS</i>	
<i>RIP STICK PADDLE BOARD</i>		<i>ELLIPTICAL SQUATS</i>	
<i>PLANK</i>		<i>STAIR STEPPER</i>	
<i>SIDE PLANK</i>		<i>VERSA CLIMBER</i>	
<i>HEAVY BAG JAB/CROSS</i>		<i>CORD ROW/REVERSE SQUAT JUMPS</i>	

THE PRIZES

3 Jungle Gym Classes

Sports West Gym Bag

\$20 Credit at Sports West Cafe

50-minute Massages at Spa of the West

www.spaofthewest.com

