

# Full Body Tabata Workout

[www.top.me](http://www.top.me)

Exercise	Interval	Rest
Mountain Climbers	20 sec	10 sec
Air Squats	20 sec	10 sec
Air Bike	20 sec	10 sec
High Knees	20 sec	10 sec
Russian Twists	20 sec	10 sec
Burpees	20 sec	10 sec
Push-ups With Feet Elevated	20 sec	10 sec
Sliding Pike	20 sec	10 sec

After each cycle, rest for 30 seconds. Repeat for 5 cycles.