

20 minute Burpee/Squat-to-Row workout (Tabata protocol)

ROUND 1

Burpee 20 seconds

Rest 10 seconds

ROUND 2

Squat-to-Row 20 seconds

Rest 10 seconds

ROUND 3

Burpee 20 seconds

Rest 10 seconds

ROUND 4

Squat-to-Row 20 seconds

Rest 10 seconds

ROUND 5

Burpee 20 seconds

Rest 10 seconds

ROUND 6

Squat-to-Row 20 seconds

Rest 10 seconds

ROUND 7

Burpee 20 seconds

Rest 10 seconds

ROUND 8

Squat-to-row 20 seconds

Rest 10 seconds



Burpee



Squat-to-Row

Directions: (Note: JC Predator can be purchased at www.PerformBetter.com)

***The burpee can be done with or without a pushup. Use JC Predator for Squat-to-Row.**

Do the above workout 3 -5x/week. Your goal is to repeat it 5 times per session, which will equal 20 minutes. This is a great alternative to working out on a machine, like a treadmill or the elliptical.