



WOD Workout of the Day April 27

Tabata Style Bag Workout

If you don't have a bag at home, no worries! Shadow boxing with maximum effort is very effective!

Warm-up: 2 min Jump Rope (either using rope or "miming" rope) and 2 min Jumping Jacks.

Round 1

20 sec Jab Cross fast

10 sec High Knees

20 sec Jab Cross fast

10 sec High Knees

Round 2

20 sec L/R Uppercuts fast

10 sec Fast Feet

20 sec L/R Uppercuts fast

10 sec Fast Feet

Round 3

20 sec L/R Body Rips fast (aim at ribcage)

10 sec squat jumps

20 sec L/R Body Rips fast

10 sec Squat Jumps

Round 4

20 sec Jab Cross hard

10 sec Burpees

20 sec Jab Cross hard

10 sec Burpees