Three Summer Workout Options

Tabata Workout

Tabata Cycle #1 (Repeat 8x before moving to the next cycle)
• 20 seconds of jump squats
• 10 second rest period
• 20 push ups
• 10 second rest period

Tabata Cycle #2
• 20 seconds of walking lunges
• 10 second rest period
• 20 seconds of jumping jacks
• 10 second rest period

Tabata Cycle #3
• 20 seconds of push ups
• 10 second rest period
• 20 seconds of mountain climbers
• 10 second rest period

Tabata Cycle #4
• 20 seconds of skaters
• 10 second rest period
• Hold a plank for 20 seconds
• 10 second rest period

Tabata Cycle #5
• 20 seconds of burpees
• 10 second rest period
• 20 seconds of high knees
• 10 second rest period

Tabata Cycle #6
• 20 seconds of jump rope
• 10 second rest period
• 20 seconds of tuck jumps
• 10 second rest period

Tabata Cycle #7
• 20 seconds of lunge jumps
• 10 second rest period
• 20 seconds of dead bug crunches
• 10 second rest period

Tabata Cycle #8
• 20 second of frog jumps
• 10 second rest period
• 20 seconds of front kicks
• 10 second rest period
Bicep and Tricep Workout

**Dumbbell Workout**

Do 12-15 repetitions of each.
- Squat with an overhead press
- Bicep curl with a curtsy lunge
- Overhead tricep press with calf raises
- Forearm plank to a fully extended plank
- Lateral arm raises with a side squat

**Resistance Tube Workout**

Control the intensity of the band by lengthening or shortening it.
- Bicep curl standing on one leg
- Concentration curl in a forward lunge position
- Overhead tricep press with a squat
- Tricep kickbacks in a forward lunge position

**Yoga**

For toning the arms; flow from one pose to the next, holding each move for 5 breaths.
- Plank pose
- Downward dog
- Knee up plank
- Dolphin with one leg lift
- Four limbed staff

**Aquatic Intervals**

An interval training aquatic workout should include a five to seven minute warm-up followed by about three minutes of moderate intensity exercise. Then go all-out for about one minute before returning to moderate. Repeat the entire cycle two to three times.
- Jumping jacks at moderate intensity for 3 minutes
- Jumping jacks at high intensity for 1 minute
- Jogging at moderate intensity for 3 minutes
- Jogging at high intensity for 1 minute
- Split jumps (start with legs together, jump up bringing right leg forward and left back, repeat) at moderate intensity for 3 minutes
- Split jumps at high intensity for 1 minute
- Tuck jumps (jump forwards and backwards as if jumping over a barrel) at moderate intensity for 3 minutes
- Tuck jumps at high intensity for 1 minute