

# Full body tabata HIIT workout

## TABATA 1

KETTLEBELL SUMO DEADLIFT

BURPEE

## TABATA 2

PUSH UP

KETTLEBELL SWING

## TABATA 3

KETTLEBELL HIGH PULL

M. CLIMBER

## TABATA 4

DUMBBELL BICEPS CURL

DUMBBELL FRONT RAISE TO SIDE RAISE

## TABATA 5

PLANK

HOLLOW HOLD