

# TREINO TABATA

20" EXERCÍCIO + 10" PAUSA  
8 ROUNDS



MÚSICA: Tabata Songs - Back in Black (Tabata Mix)

[https://www.youtube.com/results?search\\_query=TABATA+SONGS-+BACK+IN+BLACK](https://www.youtube.com/results?search_query=TABATA+SONGS-+BACK+IN+BLACK)



JUMPING JACKS



PRANCHA



LUNGES



ABDOMINAIS



2x