

12 station Triple Tabata

- 3x thru - 14:40
- can accommodate 12-18 people in a 25x20 space
- stations alternate pulls & presses; 12 people will hit each station twice
- warmup - Universal Form two leg/one leg; one leg toe touches
- cooldown - keep walking, do Samson and hanging stretch

SETUP

- chalk or cards to mark stations
- towels/pad to set down kettlebells
- car stereo/CD/mp3 player
- demonstrate all new stations

