

# Tabata Couplets

**Objective: 3 Rounds of 8 min each. 1 min rest between rounds.**

<b>Round</b>	<b>1</b>
Exercise #1:	_____
Exercise #2:	_____
Do exercise #1 for 20 seconds, rest 10 seconds and then do exercise #2 for 20 seconds & rest 10 seconds (this equals 1 set). Repeat 7 more times without stopping	

\* After 8 total sets, rest 1 minute and proceed to **Round 2**

<b>Round</b>	<b>2</b>
Exercise #3:	_____
Exercise #4:	_____
Do exercise #3 for 20 seconds, rest 10 seconds and then do exercise #4 for 20 seconds & rest 10 seconds (this equals 1 set). Repeat 7 more times without stopping	

\* After 8 total sets, rest 1 minute and proceed to **Round 3**

<b>Round</b>	<b>3</b>
Exercise #5:	_____
Exercise #6:	_____
Do exercise #5 for 20 seconds, rest 10 seconds and then do exercise #6 for 20 seconds & rest 10 seconds (this equals 1 set). Repeat 7 more times without stopping	

**Workout Complete. You are one step closer to the person you want to be!**