

TTT Fat Burner of the Month

Review the following guidelines to learn the proper technique for safely completing your Fat Burner.

Jumping Jacks Tabata Interval: Complete up to 8 rounds of 20 seconds of jumping jacks followed by 10 seconds of rest using good form.

Start & Finish



Step #2



Jumping Jacks Tabata Interval

How To:

1. Stand up straight with your feet hip width apart
2. Keep your arms by your sides
3. Jump out with your feet and raise both arms straight overhead with your palms facing away from you
4. Absorb down onto the ground with slightly bent knees
5. Quickly jump back so that your feet are together and your arms are down by your sides
6. Continue jumping in and out with your feet while raising and lowering your arms
7. You should feel like you are moving quickly, but within control
8. Continue doing jumping jacks until you reach the 20 second mark or begin to lose form
9. Rest 10 seconds and then repeat for another round of 20 seconds. (Up to 8 total rounds of 20 seconds on and 10 seconds off)
10. Keep your back and chest upright
11. Breathe naturally throughout the exercise