Tobata Style Workout

Total Time: 31:00

Tobata 1	**Ski Jumps**	20 seconds for 8 Rounds Rest 10 Seconds between Rounds
	Rest 30 seconds between Tobata's	
Tobata 2	**Push-ups**	20 seconds for 8 Rounds Rest 10 seconds between Rounds
	Rest 30 seconds between Tobata's	
Tobata 3	**Plank**	20 seconds for 8 Rounds Rest 10 seconds between Rounds
	Rest 30 seconds between Tobata's	
Tobata 4	**Deep Squats**	20 seconds for 8 Rounds Rest 10 seconds between Rounds
	Rest 30 seconds between Tobata's	
Tobata 5	**Mountain Climbers**	20 seconds for 8 Rounds Rest 10 seconds between Rounds
	Rest 30 seconds between Tobata's	
Tobata 6	**Static Lunges (Right-4 Rounds Left-4 Rounds)**	20 seconds for 8 Rounds Rest 10 seconds between Rounds
	Rest 30 seconds between Tobata's	
Tobata 7	**Back-to-Back Burpees**	20 seconds for 8 Rounds Rest 10 seconds between Rounds
	Done!!!	