

CHI WORKOUT

HOME WORKOUTS – HIIT Tabata with Dumbbells with Kacee

Complete 20 seconds WORK | 10 seconds REST

6-8 rounds for each exercise

DB snatch

Burpees

DB Thrusters

Plank

Box Jumps

Renegade Row

Goblet squats

V-Ups



DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.