

Strength Tabata (then trail scavenger hunt)

Tabata works in 4 minute increments

My goal is to perform 4 stationary tabata motions, then we are going to get a good cardio workout for the final stage of the session! In the final workout, we are going to enjoy trails, in silence, and it is not only to focus on the grounding of the exercise, but as a means to grounding ourselves in nature! You will have a chance to talk, if you identify any of the scavenger details, at that time, I encourage you to YELL out the finding, and then we all proceed to perform a High intensity skipping to boost are cardio; IF YOU FEEL THE NEED TO chat, you could, during this 30 second interval of SKIPPING the silence!!!! Once the skipping is complete, we resume on, our exploration in silence!

- **TABATA:**
- **SKIPPING CARDIO TABATA:** with 4 variations
- **Dumbbell 1**
- Weighted side lunge right
- Weighted side lunge left
- Bent over row
- Side dumbbell lunge with row right
- Side dumbbell lunge with row left
- Cutsy lunge row right
- Curtsy lunge row left
- Plank ROWS
- **DUMBELL 2**
- Bicep curl
- Hammer curl
- Curtsy lunge right bicep curl
- Curtsy lunge left bicep curly
- Front bicep shoulder press (palms rotated in)
- Standing dumbbell together weighted press ups
- Standing weighted press press up into tricep presses
- Squat, bicep press into tricep press
- **DUMBELL 3**
- Dumbbell Bridge lifts
- Plie squat with weight between legs
- Plank: reach forward, arm to ear, rotate right
- Plank reach forward, arm reach out, rotate, and rotate left
- Triceps press into squat downs
- Table top legs, weight to chest, sit ups
- Dumbbell plank reach unders
- Weighted swimmers

For the next 20 minutes, we simply explore: I have devised a list, I would ask you to observe, and note which ones you came across; Be mindful of your surroundings

- LITTER FIRE PIT/ PREVIOUS FIRE glasses
- Tire SHELTER bird
- WOOD BRIDGE
- FLOWING WATER TIGER LILY OR WILD FLOWER, MUSHROOM OR FRUIT TREE
- Ravine Stairs
- Hills LARGE ROCK (GREATER THAN THE SIZE OF A BALL)
- ANIMAL SIGN
- A COLOUR OUTSIDE OF GREEN AND NATURE BENCH
- CAN CIGARETTE
- WRITING GUM

three sounds

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