

10 MINUTE OR LESS PLANK AND JUMP



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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10 Minute or Less Plank and Jump Routine

The Workout Routine:

9 Minute Tabata

Tabata Explanation:

20 seconds on one workout, 10 second break, and onto the next to repeat!

Movements:

Plank to Push Ups and Jump Squats