EXERCISE ROUTINE FOR MORE ENERGY

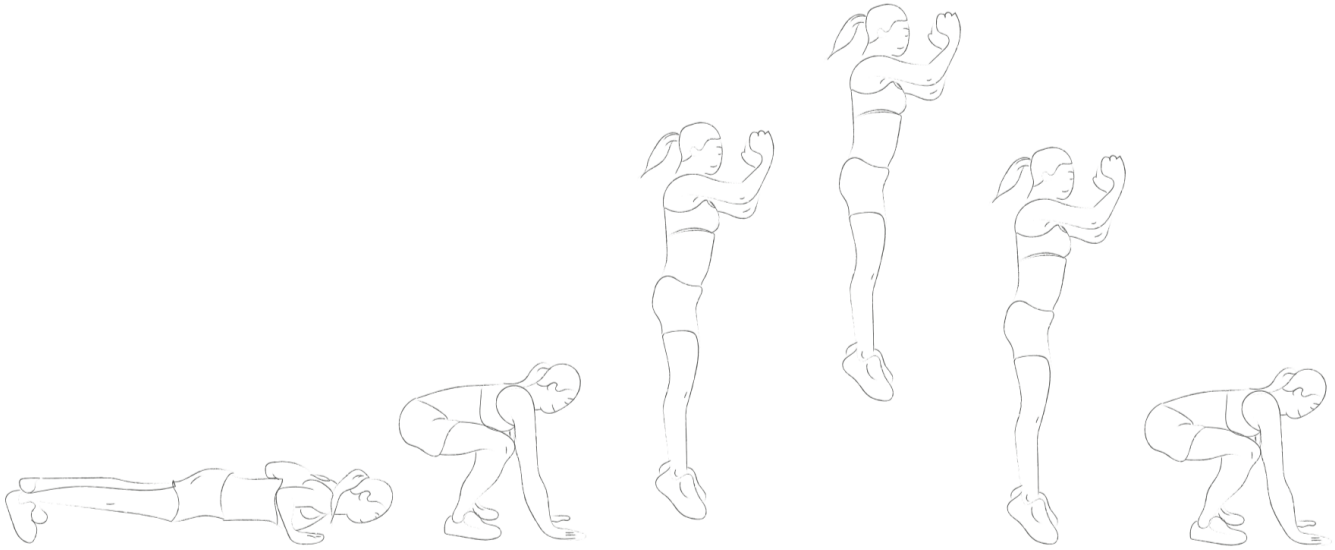


What: Tabata style workout

When: Right before you typically need an energy boost

How often: 1-2 times per week, or as often as you need to keep your energy up

What to do: Burpees 20 seconds, rest 10 seconds



How to do a burpee:

1. Stand with your feet shoulder-width apart, arms at your sides.
2. Drop into a low squat.
3. Put your palms on the floor directly in front of you, between your feet.
4. Jump your feet straight back and land in a plank position.
5. Jump your feet forward as they were in step 3.
6. Straighten your arms over your head and jump upwards.
7. When your feet touch the floor, immediately start the cycle again by lowering into a squat.

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