



## **SPIN® CROSS TABATA**

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### **OVERVIEW**

H.I.I.T. from bike to Rotational Bodyweight Training™ on the CrossCore® for a complete workout involving cardio, strength and core.

### **OBJECTIVES**

Experience high intensity interval training utilizing two of the best tools that Mad Dogg Athletics has on the market; the Spinner® Chrono Power bike and the CrossCore® Rotational Bodyweight Training™ system.

### **SUMMARY**

Wear sneakers and be prepared for a new endeavor with fusion H.I.I.T.

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