

“Catching Fire” with Tabata Inferno

Description

Sunday at our home was pleasantly uneventful this weekend, just how we like it. I only went outside to bring the trash and recycle bins to the curb and pick up dog poo. Yep, good times!

After a fairly restless night because of someone!



Me, he’s talking about me!

!we had a slow start to the day which involved cooking a peanut butter protein teff porridge for Kelley and consuming several cups of coffee. Then, being the crazy people we are, we sat at the dining table and stared at our computers while Avery had a morning nap.

She hasn’t been having the best sleep in her new [Zippy](#), and we’re thinking we tried to make the switch too fast. So we’ll do the swaddle again and make a slower transition. Although, it’s hard to not have her in the Zippy because she’s so freakin’ cute!



No, see, I’m wide awake!

Once Avery woke up, we spent a little time with all three of us laying on the nursery floor. It started with Tummy Time for Avery, but then it ended with Back Time for Mom and Dad while holding Avery. I think she’s a manipulative baby!

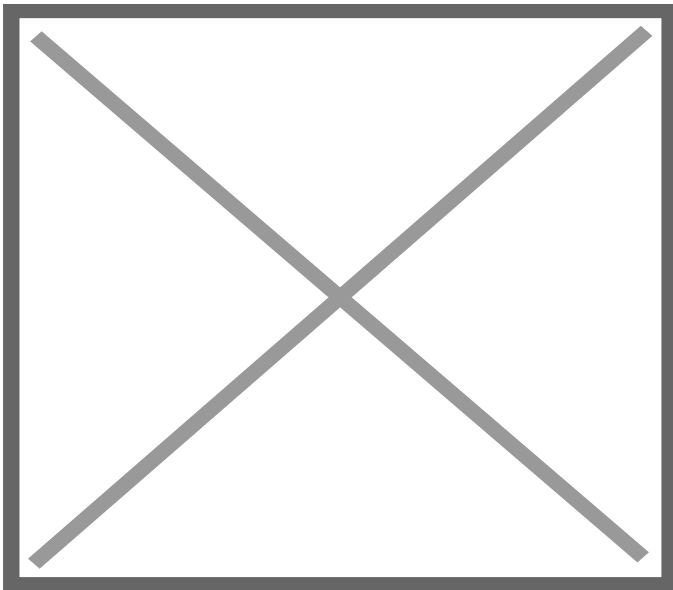
As the day progressed, Kelley laid Avery down for another nap and we decided to finally start watching “Catching Fire” that we bought a few weeks ago. Choosing a movie is a huge commitment when you have a baby in the house, so it needs to be a good one!

We enjoyed the first part of this three part series, “The Hunger Games”, and have been looking forward to this second installment. After pausing several times to try and get Avery back to sleep and then just giving up and bringing her out to watch the movie, we finally finished.

On a scale of 1 to 10, I’d give it a “What the Crap?!” strictly because of the ending, or lack thereof. I get that this is a series, but at least giving us a little more would’ve been nice. As I said, this is a huge commitment! Other than the non-ending ending, it really was a good movie and I am ready for the third and final one to come out.

It was getting late and Avery’s bedtime was drawing near, but first we had a workout video to do. Kelley has been loosely following the Supreme 90 Day workout videos, and today was Tabata Inferno.

Tabata has become pretty popular in the fitness world and is a protocol of doing 20 seconds of work followed by 10 seconds of rest for 8 rounds. So, it ends up being 4 minutes total. This video has you doing 7 different tabata routines with a 1 minute break in between. I consider myself to be in good shape, and this video will really make me sweat! Here’s a full list of what you do if you’re interested:



Avery hung out in her jumper next to me during the video and she was good up until the last part. I think was the part with burpees really confuses her; what do you think?



Iâ€™d rather do Tummy Timeâ€¦

Immediately after the video, Kelley jumped in the shower while I made a smoothie and prepared dinner. But, before dinner, we had a very tired and fussy baby to bathe and put down for the night. It didnâ€™t take long until Kelley had Avery in her crib and we wound down for the night. What a day!

I didnâ€™t walk with Avery in the Onya on Saturday or Sunday, but I did wear her around the house both days. We went for a run in her stroller on Saturday, so thatâ€™s the only reason there was no walk. Total time for both days was about 40 minutes and I used the chest clip front carry each time. I think Iâ€™m warming up to the chest clip versus the cross straps for regular activities, and Avery is starting to enjoy it too!

Are you a fan of â€œThe Hunger Gamesâ€•?

Do you have any favorite workout videos?

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