

TABATA WORKOUT

Tabata workouts are high-intensity and burn major calories in a short amount of time. The work comes from the intensity and the repetition maintained for 20-seconds following by a 10-second rest. You will alternate back and forth between the two exercises a total of 4 times. Do your best and within your fitness level. As long as you are working to *your* maximum, you are achieving the goal of this workout. Honor your body without judgment. Always consult with your doctor or other health care professional before starting this or any other workout to determine if it is right for our needs.



Rest
1-minute
between
each round

ROUND 1

20 sec Jumping Jacks

10 sec rest

20 sec Squat with Overhead Press

10 sec rest

Repeat 4 times

ROUND 2

20 sec Back Lunge with Bicep Curl

10 sec rest

20 sec Push ups

10 sec rest

Repeat 4 times.

ROUND 3

20 sec up/down Planks

10 sec rest

20 sec Burpees

10 sec rest

Repeat 4 times.

ROUND 4

20 sec Russian twists

10 sec rest

20 sec Mountain Climbers

10 sec rest