

NO-EQUIPMENT-NECESSARY

TABATA

WORKOUT

For each Tabata 1-6: Perform the exercise at maximum intensity for 20 seconds, rest for 10 seconds, and repeat for 8 rounds for a total of 4 minutes before the next Tabata.

TABATA 1: Jumping Jack

TABATA 2: Alternating Backward Lunge

CORE SERIES: 30 SECONDS EACH

Elbow Plank • Right Side Elbow Plank

Elbow Plank • Left Side Elbow Plank

Elbow Plank

REST 1 MINUTE

TABATA 3: Burpee

TABATA 4: Side Skater

ARM SERIES: 30 SECONDS EACH

Reverse Plank • Reverse Plank With Leg Lifts

Triceps Dips • Alternating Leg and Triceps Dips

Tabletop Hold

REST 1 MINUTE

TABATA 5: Bicycle Crunch

TABATA 6: Toe-Touch Crunch

BACK SERIES: 30 SECONDS EACH

Superman Hold • Prone Alternating Leg Lift

Pilates Swimming • Downward Facing Dog

Opposite Arm and Leg Reach on All Fours