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