

SUPERSET

TABATA

Alternate between the two exercises in each Tabata superset, performing the first move for 20 seconds followed by 10 seconds of rest before starting the next move.

Continue this alternating pattern for eight minutes. In the 60-second rest period between Tabata sets, perform the suggested stretch.

Cool down with five minutes of stretching.

TABATA ONE

JUMPING JACKS

WALKOUTS

ONE-MINUTE REST: STANDING GLUTE STRETCH

TABATA TWO

SQUATS WITH REACH

UP/DOWN PLANKS

ONE-MINUTE REST: STANDING QUAD STRETCH

TABATA THREE

ALTERNATING BACKWARD LUNGES

MOUNTAIN CLIMBERS

ONE-MINUTE REST: DEEP HIP FLEXOR STRETCH

TABATA FOUR

ALTERNATING SIDE LUNGES

BICYCLE CRUNCHES