

TOTAL-BODY TABATA

Alternating between moves, perform each exercise at **maximum intensity** for 20 seconds, then rest for 10 seconds; repeat for a total of eight rounds, which comes to four minutes. Take a 60-second break between Tabata sets. Cool down with three minutes of core work.

TABATA ONE: CARDIO

LATERAL HIGH-KNEE RUN

ALI SHUFFLE

ONE-MINUTE REST

TABATA TWO: ARMS AND ABS

BURPEE

CHATURANGA PUSH-UP

ONE-MINUTE REST

TABATA THREE: LEGS

ALTERNATING SIDE LUNGE

BREAKDANCER KICK

ONE-MINUTE REST

COOLDOWN: CORE

TRUNK TWIST, 20 REPS, ALT. SIDES

STRAIGHT-LEG ROLL-UP, 12 REPS

PILATES SWIMMING, 20 REPS, ALT. SIDES