Tabata Workout

Four Tabatas of twenty seconds all out and ten seconds rest, two moves each, no equipment: a short, very hard session for fitness.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
HIIT	Cardio	Intermediate	30 min	None

WARM UP

Once through, at an easy pace

Marching In Place



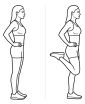
60 s

Jumping Jack



45 s

Butt Kicks



30 s

Bodyweight Squat



10 reps

Inchworm

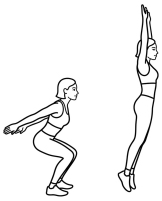


4 reps

TABATA 1

4 rounds, moves in order, then rest 60 s

1 Squat Jump

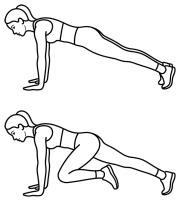


20 s

rest 10 s

Alternate the two moves, eight intervals in all

2 Mountain Climber



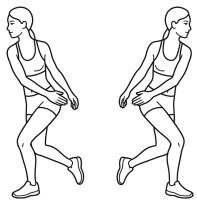
20 s

rest 10 s

TABATA 2

4 rounds, moves in order, then rest 60 s

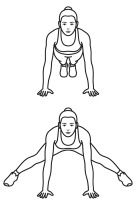
1 Skater Jump



20 s

rest 10 s

2 Plank Jacks

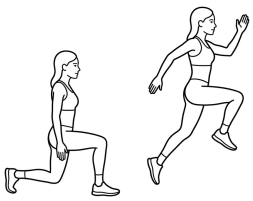


20 s

rest 10 s

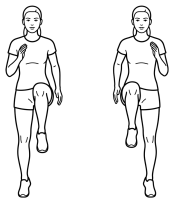
TABATA 3 4 rounds, moves in order, then rest 60 s

1 Jumping Lunge



20 s
rest 10 s
Step the lunges when the landings get loud

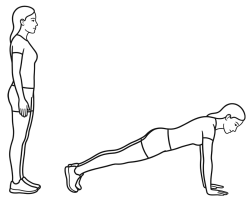
2 High Knees



20 s
rest 10 s

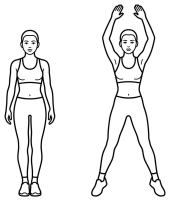
TABATA 4 4 rounds, moves in order

1 Burpee



20 s
rest 10 s
Step back and in instead of jumping if you need to

2 Jumping Jack



20 s
rest 10 s

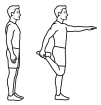
COOL DOWN Once through, at an easy pace

Walking



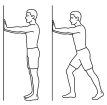
2 min

Standing Quad Stretch



30 s
each side

Standing Calf Stretch



30 s
each side