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 w/leg lifts
- tricep dips
- alternating leg and tricep 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
- opposite arm and leg reach on all fours
- downward facing dog

— Finished! —