

*fitsugar*

# 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! —