



Tabata #1

20 seconds of hard work followed by 10 seconds of rest, repeat 8 times (4 minutes) for one round. Complete four rounds (1 minute rest in between rounds) of different exercises to have a full body Tabata workout in just 20 minutes

Warm Up

(5-8 minutes to prepare your body for the workout)

Jump Squats

Burpees

Alternating Dynamic Lunges

Plank Jacks

Cool Down & Stretch