

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! —