

## TABATA CHALLENGE

you need : towel, waterbottle  
optional : mat, chrono/interval app



Sequence : warm-up for at least 5 minutes  
perform rounds 1-3 minimum for a 15 min workout, excl warmup/cooldown  
add rounds 4-5 for a 25 min workout excl warmup/cooldown  
cooldown and stretching for at least 5 min

Tabata is a high-intensity interval training (HIIT) workout, featuring exercises that only last 4 mins. You work hard for 20 sec, with 10 sec rest in between. Each round is 8 exercises leading to 4 minutes per round. Take 1 min of rest in between rounds

**round 1** (20/10 sec, 8 rounds)

**Rope skipping**

*1 min rest*

**round 2** (20/10 sec, 8 rounds)

**Skater**

*1 min rest*

**round 3** (20/10 sec, 8 rounds)

**Pop Squats**

*1 min rest*

**round 4** (20/10 sec, 8 rounds)

**Spiderman**

*1 min rest*

**round 5** (20/10 sec, 8 rounds)

**Sumo squat -jump to plank**

*1 min rest*