

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)

Mountain climbers, straight/diagonal

1 min rest

round 2 (20/10 sec, 8 rounds)

Ab bikes

1 min rest

round 3 (20/10 sec, 8 rounds)

Lunge - Courtesy Lunge, switch L-R

1 min rest

round 4 (20/10 sec, 8 rounds)

Walk-outs

1 min rest

round 5 (20/10 sec, 8 rounds)

Boxing on the spot

1 min rest