

## TABATA CHALLENGE

you need : towel, waterbottle, kettlebell or dumbbell  
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  
Add challenge to each \* exercise by adding a kettlebell or 1 dumbbell

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

**Goblet Pop squat \***

*1 min rest*

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

**Kettlebell Swings \***

*1 min rest*

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

**Russian Twist \***

*1 min rest*

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

**High plank Drag**

Drag KB/DB with your right hand from under your left shoulder to the right, then with your left hand from under your right shoulder to the left, repeat

*1 min rest*

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

**KB/DB Snatches, switch between L-R**

*1 min rest*