

# TABATA VIDEO WORKOUT

**WARM UP:** 20 seconds of Frankenstein leg kicks, 20 seconds of Frankenstein leg kicks with a twist, 20 seconds of squats and 20 seconds of butt kicks.

**Workout:** Complete each grid 2x. All exercises can be modified to low impact by making all jumps a step.

## TABATA #1

EXERCISE	TIME/REST
<b>JUMPING JACKS</b>	20 seconds/10 seconds rest
<b>JUMPING JACKS</b>	20 seconds/10 seconds rest
<b>SQUAT JACKS</b>	20 seconds/10 seconds rest
<b>SQUAT JACKS</b>	20 seconds/10 seconds rest

## TABATA #2

EXERCISE	TIME/REST
<b>PUSH UPS</b>	20 seconds/10 seconds rest
<b>PUSH UPS</b>	20 seconds/10 seconds rest
<b>BURPEES</b>	20 seconds/10 seconds rest
<b>BURPEES</b>	20 seconds/10 seconds rest

## TABATA #3

EXERCISE	TIME/REST
<b>SQUAT PULSE</b>	20 seconds/10 seconds rest
<b>SQUAT PULSE</b>	20 seconds/10 seconds rest
<b>SQUAT JUMP</b>	20 seconds/10 seconds rest
<b>SQUAT JUMP</b>	20 seconds/10 seconds rest

## TABATA #4

EXERCISE	TIME/REST
<b>HIGH PLANK JACKS</b>	20 seconds/10 seconds rest
<b>HIGH PLANK JACKS</b>	20 seconds/10 seconds rest
<b>LOW PLANK REACH</b>	20 seconds/10 seconds rest
<b>LOW PLANK REACH</b>	20 seconds/10 seconds rest

## TABATA #5

EXERCISE	TIME/REST
<b>SCISSOR JUMPS</b>	20 seconds/10 seconds rest
<b>SCISSOR JUMPS</b>	20 seconds/10 seconds rest
<b>SKATER JUMPS OR SKATER STEP</b>	20 seconds/10 seconds rest
<b>SKATER JUMP OR SKATER STEP</b>	20 seconds/10 seconds rest