

TABATA WORKOUT #2

Repeat each move 8 times ...
20 seconds on, 10 seconds rest.

Tabata workouts are high-intensity and burn major calories in a short amount of time. The work comes from the intensity of your effort and the number of times you repeat the exercise. When you're working, give it your all without sacrificing form.

Tabata 1

Inchworms

Tabata 2

Rear lunge pulse (alternate legs every other set)

Tabata 3

Mogul jumps

Tabata 4

Sprawls

Tabata 5

Warrior 3 lunge (alternate legs every other set)

Tabata 6

Mountain climbers

Tabata 7

Kettle bell (or dumb bell) swing - double handed

Tabata 8

Knee push-ups

Get instructions on these exercises and more great workouts at
www.evolvefitnessandcoaching.com