

TABATA WORKOUT #1

Repeat each move 8 times. Twenty 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 and the repetition. You repeat each exercise eight times—working and resting for set intervals.

TABATA 1

FORWARD/BACKWARD LUNGE

TABATA 2

MODIFIED BURPEE

TABATA 3

JUMP SQUATS

TABATA 4

WALK-OUT PUSH-UPS

TABATA 5

CHOP SQUAT JACKS

TABATA 6

MOUNTAIN CLIMBERS

TABATA 7

BASKETBALL SHUFFLE JUMP SHOT

TABATA 8

PLANK SHOULDER TAPS

Give it your
all when
you're on
without
sacrificing
form!

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