



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## TABATA WORKOUT

EQUIPMENT: MAT, HAND WEIGHTS (LIGHT/HEAVY), TIMER (I USE THE FREE INTERVAL TIMER APP)

SET TIMER: 20 SEC ON/10 SEC HOLD. COMPLETE EACH EXERCISE IN THE CIRCUIT FOR 4 MINUTES. THIS ONE STARTS OUT EASY, BUT BURNS BY THE END. ENJOY!

\*\*BE SURE TO WARM UP BEFORE COMPLETING THIS WORKOUT.

### CIRCUIT 1:

SQUATS FOR 20 SECONDS, HOLD DOWN FOR 10 SECONDS. REPEAT FOR 4 MINUTES.

### CIRCUIT 2:

WIDE ROWS FOR 20 SECONDS, HOLD HIGH FOR 10 SECONDS. REPEAT FOR 4 MINUTES.

### CIRCUIT 3:

CHEST PRESS OR PUSH-UPS FOR 20 SECONDS, HOLD DOWN FOR 10 SECONDS. REPEAT FOR 4 MINUTES.

### CIRCUIT 4: (OPTION TO DO EACH SIDE FOR 4 MINUTES)

STATIC LUNGES- LEFT SIDE FOR 20 SECONDS, HOLD DOWN FOR 10 SECONDS. REPEAT FOR 2 MINUTES.

STATIC LUNGES- RIGHT SIDE FOR 20 SECONDS, HOLD DOWN FOR 10 SECONDS. REPEAT FOR 2 MINUTES.

### CIRCUIT 5:

BICEP CURLS FOR 20 SECONDS, HOLD HALF WAY FOR 10 SECONDS. REPEAT FOR 4 MINUTES.

### CIRCUIT 6:

SKULL CRUSHERS OR OVERHEAD EXTENSIONS FOR 20 SECONDS, HOLD BACK FOR 10 SECONDS. REPEAT FOR 4 MINUTES.

### CIRCUIT 7:

HIP BRIDGE (OPTION TO EXTEND ONE LEG UP, SWITCHING SIDES) FOR 20 SECONDS, HOLD HIGH FOR 10 SECONDS. REPEAT FOR 4 MINUTES.

### CIRCUIT 8:

RUSSIAN TWIST OR BICYCLE CRUNCHES FOR 20 SECONDS, HOLD FOR 10 SECONDS. REPEAT FOR 4 MINUTES.

\*\*COOL DOWN

### TOTAL TIME:

EACH CIRCUIT TAKES 4 MINUTES TO COMPLETE. TOTAL TIME AROUND 40 MINUTES. THIS INCLUDES WATER BREAKS IN-BETWEEN.

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We strongly recommend that you consult with your physician before beginning any exercise program. By using this content, you represent that you understand that physical exercise involves strenuous physical movement and that such activity carries the risk of injury whether physical or mental and you expressly waive and release any claim that you may have at any time for injury of any kind arising out of your participation in a YMCA program.