

TABATA HIIT

BRING IT HARD WORKOUT!

Like any High Intensity Interval Training (HIIT), the Tabata method is proven to increase your resting metabolic rate due to post-exercise oxygen consumption which helps you burn that extra fat like no other training system! All you need is a few minutes and a strong mind to push you through these workouts since you will need to give it your maximum effort for optimal results!

- ▶ Warm-up for about 5 minutes before starting your workout
- ▶ Set your timer to 8 intervals/cycles of each 20/10 seconds: 20 seconds for ultra-intense exercise followed by 10 seconds of rest between each exercise
- ▶ Download from your APP store a Tabata Timer
- ▶ Start with Circuit 1 - complete 2 consecutive sets of the whole circuit; this will take you 4 minutes
- ▶ Take a short break (30-90 seconds)
- ▶ Complete Circuits 2 & 3, following the same guidelines
- ▶ The workout should take you 12 minutes without counting the short breaks between each circuit
- ▶ Cool-down and stretch

Push as hard as you can during your 20 second intervals.

Additional tip: Allow your body to rest for 24-72 hours before doing another Tabata Training!

THE WORKOUT

CIRCUIT 1

1. Burpee to Mountain Climber (ration 1/10) 20 sec.
2. Single-Leg Deadlift 20 sec.
3. High Knees 20 sec.
4. V-Ups to Russian Twists (ration 1/2) 20 sec.

Take a Short Break

CIRCUIT 2

1. Plank Jacks 20 sec
2. Cross Knee Tuck to Hip Extension 20 sec
3. Squat Jump 20 sec
4. Pushup to Alternating Side-Side Knee Tuck 20 sec.

Take a Short Break

CIRCUIT 3

1. Reverse Lunge with Front Kick 20 sec
2. Swiss Ball Db Chest Press 20 sec
3. Stationary Jump Lunge* 20 sec.
4. Swiss Ball Scissors 20 sec.

Cool-down & stretch.

**Add a jump to each stationary lunge (not to be confused with split jump lunges. Once you are in the lunge position, you stay in it and simply jump up and down keeping your legs in the same position; right leg forward, left leg back, v.v.)*