

# TOTAL-BODY TABATA

Alternating between moves, perform each exercise at maximum intensity for 20 seconds, then rest for 10 seconds; repeat for a total of 8 rounds, which comes to 4 minutes. Take a 60-second break between Tabata sets. Cool down with 3 minutes of core work.



## Tabata One: Cardio

LATERAL HIGH-KNEE RUN | ALI SHUFFLE



Rest 60 Seconds



## Tabata Two: Arms and Abs

BURPEE | CHATURANGA PUSH-UP



Rest 60 Seconds



## Tabata Three: Legs

ALTERNATING SIDE LUNGE | BREAKDANCER KICK



Rest 60 Seconds

## Cooldown: Core

TRUNK TWIST  
20 REPS, ALT. SIDES



STRAIGHT-LEG ROLL-UP  
12 REPS



PILATES SWIMMING  
20 REPS, ALT. SIDES

