

SUPERSET TABATA

Alternate between the two exercises in each Tabata superset, performing the first move for 20 seconds followed by 10 seconds of rest before starting the next move.

Continue this alternating pattern for eight minutes. In the 60-second rest period between each Tabata set, perform the suggested stretch. Cool down with five minutes of stretching.

TABATA ONE

jumping jacks | walk outs

One-Minute Rest: standing glute stretch



TABATA TWO

squats with reach | up/down planks

One-Minute Rest: standing quad stretch



TABATA THREE

alternating backward lunges | mountain climbers

One-Minute Rest: deep hip flexor stretch



TABATA FOUR

alternating side lunges | bicycle crunches

Finished!