

## Tabata Together (3 Options)

**Warm-up** – 30 seconds each move; 2x through  
*Perform the same warm-up for ALL three workouts*

- Squats
- Jumping jacks (any variation)
- Plank twisters (any variation)
- Reverse lunges (alternate)
- High knees
- Butt kicks

### Workout 1 **BODY WEIGHT BLAST**

Seconds = s

<p><b><u>Circuit 1</u></b> Jump squats (20s) Rest (10s) Jumping Jacks (20s) Rest (10s)</p>	<p><b><u>Circuit 2</u></b> Burpees (20s) Rest (10s) Skaters (20s) Rest (10s)</p>
<p><b><u>Circuit 3</u></b> Reverse lunge hops (20s) Rest (10s) Push planks (20s) Rest (10s)</p>	<p><b><u>Circuit 4</u></b> Mountain climbers (20s) Rest (10s) Butt kicks (20s) Rest (10s)</p>

Start by repeating each circuit 4x, then build to 8x

8 full rounds = 32 minute workout (minus the warm-up & cool-down)

**Cool-down:** 30-45 seconds each move; 1x through

- Inchworms
- Side lunge (inner thigh) stretch
- Kneeling hip flexor
- Kneeling hamstring stretch
- Neck rolls (half moon shape)
- Shoulder circles
- Chest stretch

Note: Perform any form of cool-down that feels GOOD for you. Include some stretches. The above stretches are some examples for you to incorporate!

Workout 2  
**BURN BASICS**

Warm-up + Cool-down → same as workout 1

Seconds = s

<p><b><u>Circuit 1</u></b> Squats (20s) Rest (10s) Push-ups (20s) Rest (10s)</p>	<p><b><u>Circuit 2</u></b> Split squats (left) (20s) Rest (10s) Split squats (right) (20s) Rest (10s)</p>
<p><b><u>Circuit 3</u></b> Jumping jack burpees (20s) Rest (10s) Triceps dips (20s) Rest (10s)</p>	<p><b><u>Circuit 4</u></b> Plank (20s) Rest (10s) Bicycle crunches (20s) Rest (10s)</p>

Start by repeating each circuit 4x, then build to 8x

Workout 3  
**DUMBBELL LOVE**

Warm-up + Cool-down → same as workout 1

Seconds = s; Dumb bell = DB

<p><b><u>Circuit 1</u></b> DB Squats (20s) Rest (10s) DB squat jumps (20s) Rest (10s)</p>	<p><b><u>Circuit 2</u></b> DB Wood choppers (20s) Rest (10s) DB jump lunges (20s) Rest (10s)</p>
<p><b><u>Circuit 3</u></b> Lunge low hold (L) + biceps curl combo (20s) Rest (10s) Lunge low hold (R) + shoulder press combo (20s) Rest (10s)</p>	<p><b><u>Circuit 4</u></b> Wall sit + DB boxers (20s) Rest (10s) Plank (no DB's) (20s) Rest (10s)</p>

Start by repeating each circuit 4x, then build to 8x