

Fit Bit Friday 190

The Low Impact Tabata Workout

Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.

Description: This routine is short and sweet, which means you've gotta max out your efforts during the work phases. Almost all of the moves require zero equipment, except for the sliding knee tucks, for which you'll need a towel or gliders. Do the first set (A), then immediately repeat. Take a few minutes to bring your heart rate down after that second set, then complete B twice through.

To get your heart rate up and to feel the intensity you'll need to do these moves fast and forcefully, but be sure to nail your form before amping up your speed.

	What to Do	Reps/ Time
A: 2x	Squat with front kicks - Stand with feet shoulder width apart, hands on hips. Lower into a squat, then as you rise, kick your left leg forward. Squat again, then kick your right leg forward. Continue alternating.	20s
	Recovery	10s
	Skaters - Stand with feet hip-width apart, arms at sides. Hop right, landing on right foot while sweeping left foot diagonally behind right leg and swinging left arm across body and right arm behind back for momentum. Then jump left, switching legs and arms, like a speed skater.	20s
	Recovery	10s
	Squat with side leg raise - Stand with feet shoulder width apart, hands on hips or clasped in front of you for balance. Squat, then shift weight to your left leg while lifting the right leg straight out to the right. Squat again, transferring weight to the right, and lifting your left leg straight out to the left. Continue alternating.	20s
	Recovery	10s
	Reverse lunge with knee drive - Stand with feet inside shoulder width, arms hanging naturally. Move left foot back into a lunge, then reverse the motion and drive it forward quickly, lifting the left knee as high to your chest as possible. (If you like, you can add a jump off your right foot here.) Do 3 reps on this side then switch, and continue alternating every 3 reps.	20s
	Recovery	10s
Immediately repeat		
B: 2x	Push-ups - Modify these by doing them on your knees if you like, or place your hands on an elevated surface like a step or bench.	20s
	Recovery	10s
	Sliding knee tucks - Get into high plank pose with a towel or gliders under your toes. Use your toes to slide the towel in towards your hands, bending your knees to tuck them to your chest. Reverse back to start and continue reps for 20s.	20s
	Recovery	10s
	Bicycle crunches - Lying on your back, alternate crunching left knee to right elbow, right knee to left elbow, keeping core engaged throughout.	20s
	Recovery	10s
	Up-down planks - Get into high plank pose, with a straight line from head to ankles. One arm at a time, lower down to low plank, then back up to high plank. Continue up and down for 20s.	20s
	Recovery	10s
Immediately repeat		
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