

the energy booster tabata workout

Do 20s of Exercise A as fast as you can (with good form!), 10s rest, 20s Exercise B (again, with good form), 10s rest, then repeat that 4 times for a total of 4 minutes. Rest for 1 minute after completing the first pair of exercises, then do the same for the other 2 pairs that follow.

Tabata pair 1 (repeat 4x):

Burpees

Rest

Bodyweight squats

Rest

Time

20S

10S

20S

10S

1 minute rest

Tabata pair 2 (repeat 4x):

Side-to-side squat hops

Rest

Side-to-side speed skaters

Rest

Time

20S

10S

20S

10S

1 minute rest

Tabata pair 3 (repeat 4x):

High-low plank (aka up-down plank)

Rest

Flutterkick on your back

Rest

Time

20S

10S

20S

10S

1 minute rest

Total: 15 minutes