

# Tabata Workout

**Round 1** Flair Jacks  
X Plank

**Round 2** 10 High Knees to 1 Burpee  
Lower Plank Hip Dips

**Round 3** Squat Jumps  
Bicycle Abs

**Round 4** Pulsing Lunge Jumps  
Russian Twist

**Round 5** Pylo Jacks  
Flat Leg Sit Up Twist

**Round 6** 1/2 Burpee  
Plank Toe Touches

**Finish with a 2 minute plank hold**

**Grab a mat and download a free tabata timer app. Do each exercise at a all out intensity for 20 seconds then rest for 10 seconds.**

**Do each pair of exercises 4 times before resting for 1 minute and moving to the next round.**



**B A S I N**  
**R E C R E A T I O N**