BODYWEIGHT TABATA WORKOUT BY AMY

A tabata workout is an interval-training workout where one works as hard as possible for 20 sec on, and rests for 10 sec off. Normally this is done by completing 8 rounds of work per exercise, equating to 4 minutes each.

Complete 8 rounds of tabatas per exercise. 20 seconds on, 10 seconds off.
Total time: 32 min.

1. MOUNTAIN CLIMBERS

2. ALTERNATING LATERAL LUNGES

3. SIT OUTS

4. HIGH KNEES
5. Jumping Jacks

6. Push Ups

7. Squat Jumps

8. V-Sits