

I'm not robot!

# TAKE IT ANYWHERE

## 20 Min Tabata Workout

### ROUND 1

\*Rest for 1 minute between each round and take breaks as needed. Make sure to stretch at the end.

- 20 sec burpees
- 10 sec rest
- 20 sec butt kicks
- 10 sec rest
- repeat 4 times

### ROUND 2

- 20 sec jumping lunges
- 10 sec rest
- 20 sec fast feet (in and out)
- 10 sec rest
- repeat 4 times

### ROUND 3

- 20 sec split jacks
- 10 sec rest
- 20 sec skaters
- 10 sec rest
- repeat 4 times

### ROUND 4

- 20 sec walking planks
- 10 sec rest
- 20 sec c-crunch
- 10 sec rest
- repeat 4 times

Treble in the Kitchen

Click to see instructions for Lower Body Tabata



## Warm-Up 1

Round 1: Push-ups



Round 2: Run in Place



Round 3: Jumping Jacks



Round 4: Wall Sit



Round 5: Squat Jumps



Round 6: Curl-Ups



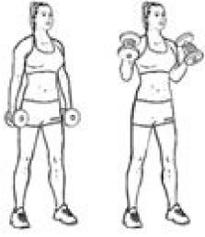
Round 7: Squats



Round 8: Pike Ups

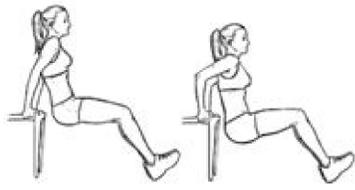


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**Tabata Resistance  
Upper-Lower Mix**



**Standing Dumbbell  
Bicep Hammer Curls**

8 sets · 20 secs · 10 sec rest



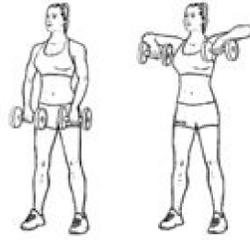
**Bench Tricep Dips**

8 sets · 20 secs · 10 sec rest



**Plank to Push-Up**

8 sets · 20 secs · 10 sec rest



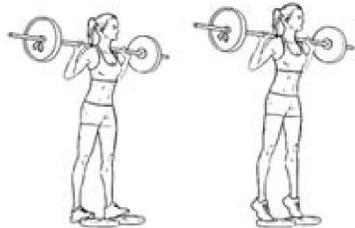
**Upright Dumbbell Rows**

8 sets · 20 secs · 10 sec rest



**Smith Machine Squats**

4 sets · 12 reps · 60 sec rest



**Standing Barbell Calf  
Raises**

4 sets · 16 reps · 60 sec rest

...and 3 more exercises



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