

TABATA WORKOUT RECORD

Exercises: Work 20 sec. / Rest 10 sec. = 1 rep	R=Routines:	#1	#2	#3	#4	#5	#6	#7	Date	R#	Time	
8 reps = 1 cycle = 4 minutes. Use timer on orange Tabata App.									Example	07-Jan-17	1	4 min
Google each exercise to see proper techniques.									"	08-Jan-17	1&2	8 min
WARM-UP												
Stretches, <u>W</u> alk, <u>J</u> og, etc. / minutes		\$10	\$10	\$10								
CARDIO												
Jumping Jacks		1		1								
Cross Jacks - standing, arms straight, Alt toe touch				3								
Squats + back straight, bend knees, touch ground with hands		7		5								
Hot N Colds - Standing, bent knees, feet together then far apart												
Fire Feet - Standing, bent knees, feet up & down very quickly				2								
Sprints - running in place quickly		2		4								
Power Skips - Sprint w/ knees to chest				6								
Butt Kicks - Sprint w/ heels hitting buttocks		8	8	8								
Skater Jumps - Jump side to side bent over, swing arms				7								
Squat Jumps - jump off ground after squat to floor												
Push Ups w/ or w/o shoulder touch		3										
Burpee w/ or w/o Push up +												
Mountain Climber - pushup run knees-chest												
Tuck Jumps - jump w/ knees to chest												
Reverse Lunge w/ or w/o front <u>k</u> ick - step back then stand up												
Forward Lunge + standing, step forward w/ knees at 90 degrees			1									
Sit Ups												
Bicycle Crunch - on back, knee to opp. Elbow		5										
Jump Lunge - running forward lunge												
Grasshopper - Plank knee to opp. Elbow - R-L-R-L-R-L												
CORE												
Plank w/ or w/o side step - pushup position, hold body straight												
Side Plank on R elbow then L - hold body straight												
Reverse Plank w/ or w/o leg lift		4										
Superman Hold - Prone w/ arms and legs held off ground												
Wall Sit - back against wall with thighs parallel to floor												
Russian Twist - sitting, twist side to side with arms		6	7									
Pilates Swimming - prone, Alt arm and leg lift												
Prone Alt Leg Lift - prone, arms on floor below head												
Triceps Dip - Backwards pushup on chair edge												
Pike w/ or w/o leg roll - pushup position to head near knees												
Bridges - on back, push hips to ceiling w/ hands & feet on floor												
Opposite Arm & Leg Lifts on All 4's												
STRENGTH												
Dumbbell Biceps Curl - R then L				2								
Dumbbell Overhead Press - shoulder to sky - R then L				3								
Dumbbell Behind Head - overhead to opposite shoulder, R then L				4								
Dumbbell Squats - back straight, arms with dumbbells hang down				5								
Dumbbell Flies - back on bench, arms to side, lift over chest				6								
COOL DOWN												
Back Roller - on cylinder - lower then upper back m=minutes		5m										
Walk, Jog, Swim minutes		W10	S10									