A TABATA Workout Just for You!

First of all, to do a TABATA you chose an exercise and set a timer for 20 seconds “on” and 10 seconds rest. You do the exercise as hard as you can for 20 seconds and then take 10 seconds of rest. This is repeated 8 – 20 times or for 4-10 minutes total. TABATA is a form of high intensity interval training – getting your heart pumping for short periods of time for an effective and challenging workout.

Below are some suggested exercises that you can do TABATA Style:

1. Sprints on a Bicycle  
2. Jump Squats  
3. Jumping Lunges  
4. Jump Rope (mix up your foot pattern: butt kickers, boxer shuffle, alternating foot!)  
5. Mountain Climbers  
6. Handstand Pushups (against the wall)  
7. Running/Jumping on Bosu Ball  
8. Swimming  
9. Treadmill Sprints

Pick 6-8 of these exercises (or use some of your own) and do TABATAs for 4 or 5 minutes (that’s 8 or 10 reps), with a 1-2 minute rest before starting the next set. I promise it will be a killer workout in less than an hour.

Go to http://www.shape.com/fitness/cardio/10-new-fat-blasting-tabata-workouts for a more detailed explanation of each.