

BUILD YOUR OWN

TABATA WORKOUT

Instructions: Pick an exercise for each 20 second section. Draw a picture or write the name of the exercise in the box. Use the pictures on the next page as ideas if you get stuck! Try out your Tabata Workout with a friend!

1

Exercise for 20 seconds

Rest for
10
seconds

2

Exercise for 20 seconds

Rest for
10
seconds

3

Exercise for 20 seconds

Rest for
10
seconds

4

Exercise for 20 seconds

Rest for
10
seconds

5

Exercise for 20 seconds

Rest for
10
seconds

6

Exercise for 20 seconds

Rest for
10
seconds

7

Exercise for 20 seconds

Rest for
10
seconds

8

Exercise for 20 seconds

Rest for
10
seconds

EXERCISE IDEAS

Look here for exercise ideas to add to your Tabata workout! Cut out the exercises you want to use, and tape or glue into your Tabata worksheet.



Arm & leg plank lifts



Plank shoulder taps



Side plank



Chair hold



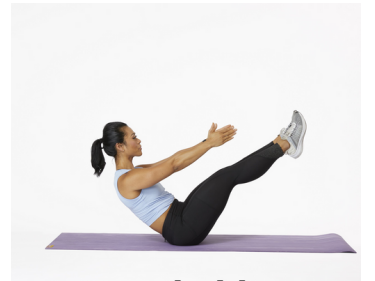
Wall sit



Plank



Spider push-ups



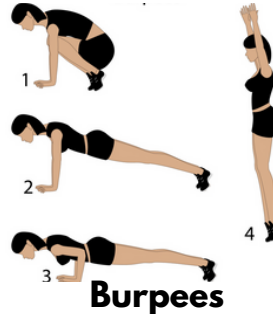
V-hold



Toe touchers



Crab kicks



Burpees



Lunges



Dance move!



Partner squat hold



Partner sit-ups



Partner twist & pass



Partner double plank



Partner bridge & plank



Partner side plank hold



Partner plank high-fives