

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 
Plank
Exercise for 20 seconds

Rest for
10
seconds

2 Jump
Rope
Exercise for 20 seconds

Rest for
10
seconds

3 chair
hold 
Exercise for 20 seconds

Rest for
10
seconds

4 jumping
jacks
Exercise for 20 seconds


Rest for
10
seconds

5 
Plank shoulder taps
Exercise for 20 seconds

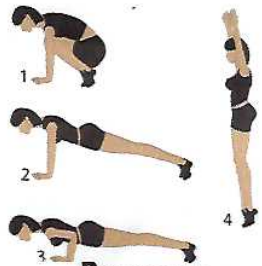
Rest for
10
seconds

6 stuffed
Animal
Taps
Exercise for 20 seconds

Rest for
10
seconds

7 Arm + leg
plank
Leg lifts 
Exercise for 20 seconds

Rest for
10
seconds

8 
Exercise for 20 seconds
Burpees

Rest for
10
seconds