

	Description	Work Out Time	Rest In between Cycles
Tabata 1	Cardio round 1	0:02:40	0:01:40
Cycle 1	Jog on the spot	0:00:20	0:00:10
Cycle 2	Squat	0:00:20	0:00:10
Cycle 3	Star Jumps	0:00:20	0:00:10
Cycle 4	Knee to chest lifts	0:00:20	0:00:10
Cycle 5	Boxing jabs	0:00:20	0:00:10
Cycle 6	Mountain climbers	0:00:20	0:00:10
Cycle 7	Skater jumps, side to side	0:00:20	0:00:10
Cycle 8	Jog on the spot	0:00:20	0:00:30
Tabata 2	Plank core round 1	0:02:40	0:01:40
Cycle 1	Standard plank	0:00:20	0:00:10
Cycle 2	Left side plank hold	0:00:20	0:00:10
Cycle 3	Right side plank hold	0:00:20	0:00:10
Cycle 4	Reverse plank hold (on your back legs raised just off the ground)	0:00:20	0:00:10
Cycle 5	Standard plank	0:00:20	0:00:10
Cycle 6	Left side plank hold	0:00:20	0:00:10
Cycle 7	Right side plank hold	0:00:20	0:00:10
Cycle 8	Reverse plank hold (on your back legs raised just off the ground)	0:00:20	0:00:30
Tabata 3	Cardio round 2	0:02:40	0:01:40
Cycle 1	Jog on the spot	0:00:20	0:00:10
Cycle 2	Skater jumps, side to side	0:00:20	0:00:10
Cycle 3	Mountain climbers	0:00:20	0:00:10
Cycle 4	Boxing jabs	0:00:20	0:00:10
Cycle 5	Knee to chest lifts	0:00:20	0:00:10
Cycle 6	Star Jumps	0:00:20	0:00:10
Cycle 7	Squat	0:00:20	0:00:10
Cycle 8	Jog on the spot	0:00:20	0:00:30
Tabata 4	Plank core round 2	0:02:40	0:01:40
Cycle 1	Standard plank	0:00:20	0:00:10
Cycle 2	Left side plank hold	0:00:20	0:00:10
Cycle 3	Right side plank hold	0:00:20	0:00:10
Cycle 4	Reverse plank hold (on your back legs raised just off the ground)	0:00:20	0:00:10
Cycle 5	Standard plank	0:00:20	0:00:10
Cycle 6	Left side plank hold	0:00:20	0:00:10
Cycle 7	Right side plank hold	0:00:20	0:00:10
Cycle 8	Reverse plank hold (on your back legs raised just off the ground)	0:00:20	0:00:30
Tabata 5	Epic Finisher final round	0:02:40	0:01:10
Cycle 1	Burpees	0:00:20	0:00:10
Cycle 2	Plank get up	0:00:20	0:00:10
Cycle 3	Plyometric lunges	0:00:20	0:00:10
Cycle 4	Sit up	0:00:20	0:00:10
Cycle 5	Press up	0:00:20	0:00:10
Cycle 6	Squat Jump	0:00:20	0:00:10
Cycle 7	Squat thrust	0:00:20	0:00:10
Cycle 8	Sprint to finish	0:00:20	0:00:00
BREAK	VICTORY - Total times ->	0:13:20	0:07:50

Guide on use

This high intensity cardio and core workout has been designed to get your blood flowing and to challenge yourself. The following workout can be customised into any tabata timing applications or can be printed as a reference guide using a stopwatch or alarm.

Tabata exercises work by operating on short levels of high intensity activity with short rest periods. Before commencing any of the activities make sure you understand correct form on each of them so you can get the most out of your workout. Do not forget that intensity is subjective to each of us so go at a pace that pushes you. If you have any medical conditions it is always advisable to speak to a GP before commencing any exercise for their opinion on what you are looking to do. Make sure you have plenty of water available and if you feel light headed during any part of the exercise always stop and wait to resume, if you are able to.

The central aim is 20 seconds of work per cycle with a 10 second break. The gap between Cycle 8 and Cycle 1 of the following tabata is 30 seconds.

The orange sections provide a high level overview of what the tabata is covering with the 8 cycles providing further detail in each one.

This workout focuses on alternating cardio and core rounds with a final round combining the two concepts to finish.

Good luck