



## TABATAS

For all Tabatas:

- Warm-up first
- 20 seconds on (do the drill) & 10 seconds off (jog in place)
- Do 4 reps (drills), this makes a “set”
- Rest for 1:00 to 1:30 between each set
- Do at least 4 sets

Potential drills (1 drill for 20 seconds [plus the 10 second jog in place] = 1 set). Pick four from the list below to make one set. Tabata drills:

1. **Jump Lunges** – start in the lunge position with your hands behind your head. Then jump up in the air and come down into the lunge position and repeat.
2. **Mountain Climbers** – get on all fours with your rear raised somewhat then bring your feet up quickly, one at a time, like you are climbing a mountain.
3. **Lizards** – get on all fours and quickly alternate bringing your knees up to your elbows while remaining in place.
4. **Squat Jumps** – stand with feet shoulder width apart and jump up. Then come down into a squat position and repeat.
5. **Shoulder Push-Ups** – same as a regular push up only your rear is up in the air and your toes are slightly closer to your wrists.
6. **Lateral Shoot Throughs** – get in push up position and take your right leg and bring it up and place your foot and leg through the space between your left toe and wrist. Quickly alternate with the other leg.
7. **Plank Side Jumps** – get in the plank position (aka “elbows and toes”) and bounce your feet around clockwise without moving your elbows. Then stop and bound your feet around counterclockwise. Repeat.



8. **Air Squats** – <https://youtu.be/R0vJBTrzLac> stand with feet shoulder width apart. Squat down with your arms straight out in front of you until your thighs are past parallel. Then come back up. Repeat and speed up.
9. **Push Ups**
10. **Sit Ups**
11. **Crunches**
12. **V Ups** – lay on your back with your hands over your head and bring them and your legs (straight leg – don't bend the knee) up quickly to meet directly over your stomach then bring them down. Quickly repeat.
13. **Burpees** – start in push up position. Do a push up then jump up in the air and come back down in the push up position and repeat.
14. **Russian Twist** - Sit on the floor with knees bent and feet together. Lift feet several inches off the floor, keeping knees bent. Lean back to help your balance (back is at 45-degree angle). Engage your core. With palms touching and arms extended in front of you, move arms from side to side in a twisting motion. Be careful to rotate only your upper body, engaging upper abs and obliques. Don't put pressure on your low back.
15. **Tuck Jumps** - Start in standing position with feet shoulder width. Jump straight up, tucking knees to your chest. Land softly, and immediately repeat that move. Note – if you like, you can quickly wrap your arms around your legs as the legs touch your chest.

Note: For added strength build, throwers and jumpers can do holding weights. For example, jump lunges can be completed by holding barbells (should be < 15 lbs) in each hand.