



# 20-Minute Tabata Training Workout



20 seconds off, 10 seconds,  
1-minute rest between each circuit



## Circuit 1 (4 minutes total)

- High knees (2 sets)
- Mountain climbers (2 sets)
- Push-ups (2 sets)
- Speed skaters (2 sets)
- Rest: 1 minute

## Circuit 2 (4 minutes total)

- Jumping jacks (2 sets)
- Squats (2 sets)
- Split lunges (2 sets)
- Burpees (2 sets)
- Rest: 1 minute

## Circuit 3 (4 minutes total)

- Push-ups (2 sets)
- V-ups (2 sets)
- Curtsy lunges (2 sets)
- Jump rope (2 sets)
- Rest: 1 minute

## Circuit 4 (4 minutes total)

- Bridge up and down (2 sets)
- Tricep dips (2 sets)
- Plank jacks with push-ups (2 sets)
- Box jumps (2 sets)
- Done!



Always speak with your doctor before engaging in any new physical activity.