

9 minute total body TABATA WORKOUT

The Tabata formula is super easy to follow. First, pick an exercise with 8 moves. Then perform each move with perfect form and at the highest intensity you can manage for 20 seconds. Rest for 10 seconds. Repeat this process for the remaining 7 moves.

The key here is upping your normal intensity. So if you're doing a move that involves dumbbells, use the highest weight you can while still maintaining proper form. If the move is more cardio based, like squat jumps or plank jacks, try to fit in as many reps as you can. Twenty seconds may seem too short to see any benefit, but trust us girl, you're going to be sweating! ;)

GET YO' SWEAT ON, GIRL!

SKATERS

20 secs then rest for 10



MOVE 1

Raises your heart rate and tones your booty, core, and quads!

Start with your feet together, standing straight up. Hop your left leg out to your left side and lunge your right leg behind you and to the left, so that you land in a curtsy lunge. Push off your left leg and land in a curtsy lunge with your right foot in front.

Continue to go back and forth for 20 seconds.
10 second rest.

PUSHUPS

20 secs then rest for 10



MOVE 2

Tones your triceps and chest!

Begin in a plank position with your hands slightly wider than shoulder-width apart and core engaged. Bend at the elbows and lower your chest toward the ground until your arm makes a 90-degree angle. Extend your arms to return to starting position.

Continue for 20 seconds.
10 second rest.

BICYCLES

20 secs then rest for 10



MOVE 3

Sculpts your obliques!

Lay on your back with hands by your ears, legs raised and bent at a 90-degree angle. Lower your left leg and lift your shoulders slightly off the ground to twist your body to the right so that your left elbow meets your right knee. Switch sides.

Continue alternating sides for 20 seconds.
10 second rest.

BURPEES

20 secs then rest for 10



TRICEP DIPS

20 secs then rest for 10



MOVE 4

Tones your core, chest, triceps, booty, and quads AND raises your heart rate!

Begin standing with your feet together, knees bent. Jump into the air as high as you can and land softly back on your feet. Lower down into a plank position by planting your hands down and kicking your feet back. Lower down into a pushup. Jump feet back toward hands and land standing with your knees bent, ready to jump again.

Continue for 20 seconds.
10 second rest.

MOVE 5

Tones your triceps!

Begin with your back to a chair, hands planted on the edge and knees bent in front of you. Bend your arms at the elbow to lower your body down until your arms form a 90-degree angle. Extend your arms to return to starting position.

Continue for 20 seconds.
10 second rest.

DEEP SQUAT

20 secs then rest for 10



MOVE 6

Tones your quads and booty!

Begin standing with legs hip-width apart, holding a dumbbell in each hand by your shoulders. Sit back and lower your booty toward the ground while making sure that your knees don't go past your toes. Continue to lower down until your legs form a 90-degree angle. Return to starting position.

Continue for 20 seconds.
10 second rest.

BRIDGE TWIST

20 secs then rest for 10



MOVE 7

Tones your shoulders, booty, hamstrings, and back!

Begin with both your hands and feet planted on the ground, chest up, and booty slightly lifted. Lift your right arm into the air and twist your body over to the left, pushing your hips up and squeezing your booty. Return to starting position and repeat on the opposite side.

Continue alternating sides for 20 seconds.
10 second rest.

DUMBBELL SWING

20 secs then rest for 10



MOVE 8

Tones your inner thighs, booty, quads, and core!

Begin standing with your feet wider than shoulder-width apart, feet angled out at 45 degrees, and holding a dumbbell in one hand. Sit your booty back and slightly bend your knees as you swing the dumbbell between your legs. Extend your legs and push your hips forward as you raise your arm and gently toss the dumbbell to your opposite hand. Repeat with the opposite side.

Continue alternating sides for 20 seconds.
10 second rest.

AMAZING JOB, GIRL!
REPEAT THIS CIRCUIT ONE MORE TIME!