

# TAMMY'S TABATA

## BODYWEIGHT CORE 20:10

30 minutes. No equipment required. Intermediate+ fitness levels.



### WORKOUT DETAILS

Warm up for 3-5 minutes by doing a few of the exercises in the workout below BUT at super low intensity. Make sure you have water and a sweat towel. Do exercise in each interval set for 20 seconds followed with 10 seconds rest. Alternate between the two exercises = 4 sets per exercise = 8 total sets per round. Rest 1 minute in between rounds. Once all 4 rounds are completed, do a 3-5 minute cool down stretch. For a longer workout, repeat your favourite interval sets for another round or more. Remember to STOP if you ever feel pain. Pain = no gain!

SET	TIME	ROUNDS
<b>INTERVAL SET 1</b> Alternate between Mountain Climbers & McGills Curl-Up	20 sec work 10 sec rest x 8 sets total (4 sets/exercise)	1 round = 4 minutes
REST 1 MINUTE BETWEEN ROUNDS		
<b>INTERVAL SET 2</b> Alternate between Burpee with Push-Up & Slow Bicycle	20 sec work 10 sec rest x 8 sets total (4 sets/exercise)	1 round = 4 minutes
REST 1 MINUTE BETWEEN ROUNDS		
<b>INTERVAL SET 3</b> Alternate between Plank Moguls & Roll 'n Get Up 'n Hop	20 sec work 10 sec rest x 8 sets total (4 sets/exercise)	1 round = 4 minutes
REST 1 MINUTE BETWEEN ROUNDS		
<b>INTERVAL SET 4</b> Alternate between Plank Jacks & Side Plank Leg Raises	20 sec work 10 sec rest x 8 sets total (4 sets/exercise)	1 round = 4 minutes