

LOWER TABATA

Workout summary:

Be sure to start with a warm-up, and end with a cool-down stretch.

Follow along with the full workout video here: <https://vimeo.com/showcase/7863121>

Time	Tabata 1 <i>4 minutes</i>	Tabata 2 <i>4 minutes</i>	Tabata 3 <i>4 minutes</i>	Tabata 4 <i>4 minutes</i>
<i>20 seconds:</i>	Squat	Deadlift	Side lunge	Plank leg lift
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>
<i>20 seconds:</i>	Squat pulse	Glute Bridge	Calf Raise	Squat jump
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>
<i>20 seconds:</i>	Static Lunge R	Deadlift	Side lunge	Plank leg lift
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>
<i>20 seconds:</i>	Static Lunge L	Glute Bridge	Calf Raise	Squat jump
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>
<i>20 seconds:</i>	Squat	Deadlift	Side lunge	Plank leg lift
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>
<i>20 seconds:</i>	Squat pulse	Glute Bridge	Calf Raise	Squat jump
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>
<i>20 seconds:</i>	Static Lunge R	Deadlift	Side lunge	Plank leg lift
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>
<i>20 seconds:</i>	Static Lunge L	Glute Bridge	Calf Raise	Squat jump
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>

Why be great, when you can be incredible?

Front Loaded Squat

- Stand with feet a little wider than hip width, toes facing front - with dumbbells in your hands, resting slightly on your shoulders.
- Drive your hips back—bending at the knees and ankles and pressing your knees slightly open—as you...
- Sit into a squat position while still keeping your heels on the ground, chest up and shoulders back.
- Strive to eventually reach parallel, meaning knees are bent to a 90-degree angle.
- Press into your heels and straighten legs to return to a standing upright position.



Squat Pulse

- Using the same form as the squat, simply pulse at the bottom!
- Keep your weight pressing into your heels and your chest lifted.

Why be great, when you can be incredible?

Static Lunge

- Stand in an upright position with weights at your side and your chest lifted
- Step back with one leg, lowering your hips until both knees are bent at a 90 degree angle
- Focus on bending the BACK knee - reaching it almost to the floor .. and do not put any pressure on the front knee.
- Keep your feet grounded, and just lift and lower your hips - keeping your body centered



Why be great, when you can be incredible?

Deadlift

- Stand with feet hip-width apart and knees soft, holding dumbbells in front of hips with palms facing thighs.
- Keeping spine in neutral position and squeezing shoulder blades, start sending the hips back.
- Lower dumbbells in front of shins, keeping them close to the body.
- Focus on pressing the hips back, so you feel the delicious stretch in the hamstrings and glutes. Not the back.
- At the bottom of the movement, maintain a neutral spine (flat back) and drive through heels to fully extend hips and knees, squeezing glutes at the top.



Why be great, when you can be incredible?

Glute bridge

- Lie face up on the floor, with your knees bent and feet flat on the ground. Keep your arms at your side with your neck and shoulders relaxed.
- Lift your hips off the ground until your knees, hips and shoulders form a straight line. Squeeze those glutes hard and keep your abs drawn in so you don't overextend your back during the exercise.
- Resist gravity on the way back down



Why be great, when you can be inkredible?

Side lunges

- Start with your feet shoulder-width apart, toes pointed straight forward.
- Step out with your right foot as wide as possible. Engage through the right heel as you drop your hips down and back while keeping the left leg straight, stretching the inner thigh on the left leg and keeping both soles of the feet on the ground and toes pointed straight forward. Make sure your right knee is tracking over your right foot the whole motion.
- Push your right heel into the floor to power yourself back to the full standing start position.
- Repeat to the other side.



Why be great, when you can be incredible?

Calf raises

- Stand up straight, then push through the balls of your feet into the floor and raise your heels until you are standing on your toes.
- Lower slowly back to the start - with control, resisting gravity.
- Perform this move 3 different ways - feet parallel, toes turned in (pigeon), and toes turned out (duck)



Why be great, when you can be incredible?

Plank leg lift

- Start in plank position with hands shoulder-width apart, and your shoulders right over your wrists. Your shoulders, hips, and ankles should be in a line.
- Keep abs engaged, with your hips tucked under and raise your right leg off the floor until it's at about hip height, squeezing in your glutes.
- Resist and control the leg back down.
- Repeat with your left leg.



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Squat jumps

- Stand with your feet just outside shoulder-width apart, toes turned slightly out.
- Squat down with your weight in your heels, proud chest, knees tracking over toes, and a neutral spine.
- When you hit the bottom of your squat, squeeze your butt tight and drive hard through your legs and heels as you launch straight up, pelvis forward, pushing off your toes at the last moment of contact with the floor.
- Land softly, then use the momentum from landing to go right into your next squat.



Why be great, when you can be inkredible?