

# CARDIO CORE 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>

<b>Time</b>	<b>Tabata 1</b> <i>4 minutes</i>	<b>Tabata 2</b> <i>4 minutes</i>	<b>Tabata 3</b> <i>4 minutes</i>	<b>Tabata 4</b> <i>4 minutes</i>
<i>20 seconds:</i>	High knee pulls	Mountain Climb	Fwd crunches	Hip dips
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>
<i>20 seconds:</i>	Punch criss cross	Plank Jack	Dumbbell Driver	Burpee
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>
<i>20 seconds:</i>	High knee pulls	Mountain Climb	Fwd crunches	Hip dips
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>
<i>20 seconds:</i>	Punch criss cross	Plank Jack	Dumbbell Driver	Burpee
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>
<i>20 seconds:</i>	High knee pulls	Mountain Climb	Fwd crunches	Hip dips
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>
<i>20 seconds:</i>	Punch criss cross	Plank Jack	Dumbbell Driver	Burpee
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<i>20 seconds:</i>	High knee pulls	Mountain Climb	Fwd crunches	Hip dips
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>
<i>20 seconds:</i>	Punch criss cross	Plank Jack	Dumbbell Driver	Burpee
<i>10 seconds:</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>	<i>rest</i>

Why be great, when you can be incredible?

## High knee pulls

- Start marching and pulling your knees up. Keep your chest lifted. The goal is to get your knees above your waist to really fire up your core.
- Add your arms by pulling down as your knee comes up.
- Exhale as you crunch in, bracing your core.



## 4 punches, 2 criss cross

- Start in a sumo position - getting low in the legs - with your chest lifted, core braced, and glutes tight.
- Hold your hands up in 'boxers guard position' by your face. With your legs strong, keeping your hips still, rotate at the core and throw 4 jab punches forward.
- Alternate that with 2 criss cross jumps.
- Repeat with 4 jabs, 2 criss cross jumps.



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## High Plank Mountain Climber

- Begin in a high plank position, with your shoulders over your wrists, eye gaze forward, core braced and hips tucked under.
- Pull in 1 leg, trying to get the knee as close to your chin as possible
- Keep your core braced, and strong & controlled through the upper body so there's limited movement.
- Replace that leg and repeat with the other.
- Control your speed - start slow and increase to a run.



## Low Plank Jacks

- Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.
- Like the motion of a jumping jack, jump your legs wide and then back together. Jump as quickly as you want, but keep your pelvis steady and don't let your booty rise toward the ceiling.
- Modification is to tap 1 side at a time, until you're ready to jump with both feet.



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## Forward crunches

- Start on your back with your knees bent in and holding a medium weight vertically between your legs.
- Press your belly button towards your spine to activate the core, and lift your shoulders blades off the ground - reaching the weight forward. Keep your chin tucked into your chest.
- Try to keep the weight below your knees and focus on crunching forward, not up.
- Hold your core tight as you control back down.



## Dumbbell Drivers

- Start in a crunch position, holding 1 weight horizontally reaching towards your knees.
- Keep your chin tucked to your chest, tummy tight and your lower back flat on the ground.
- Take the weight and imagine your driving side to side, reaching the weight away from you. Or imagine you're drawing a big upside down U over your knees.



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## Hip dips

- Start in a low plank position - with your elbows right under your shoulders. Your eye gaze down, core braced, and your hips tucked under.
- Leading from your hips, dip to 1 side. Use your feet to help guide you as well - just be sure you don't start watching your feet. Keep those hips tucked under and eye gaze forward.
- Using your obliques, and tightening your tummy, pull back to plank, and over to the other side.
- Modification - if you cannot yet get the full side to side dip, you can tap 1 knee to the ground, push it back up and alternate knees.



## Burpee

- Get down and get back up again! You can jump it, step it, elevate your hands, add a push up, add a jump up top ... lots of options!
- Whether you're jumping into it, or just stepping, be sure to hit all 4 of these positions: SQUAT, PLANK, SQUAT, and UP.
- There are a million and one modifications to the burpee - but this is the basic. Squat, plank, squat, up. Make it your own from there.



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