

TOTAL 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 4 minutes	Tabata 2 4 minutes	Tabata 3 4 minutes	Tabata 4 4 minutes
20 seconds:	Power Knees R	Lunge Curl R	BirdDog Crunch R	Jumping Jack
10 seconds:	Rest	Rest	Rest	Rest
20 seconds:	Push Ups	Squat Press	BirdDog Crunch L	Plank Jack
10 seconds:	Rest	Rest	Rest	Rest
20 seconds:	Power Knees L	Lunge Curl L	BirdDog Hold R	Jumping Jack
10 seconds:	Rest	Rest	Rest	Rest
20 seconds:	Push Ups	Squat Press	BirdDog Hold L	Plank Jack
10 seconds:	Rest	Rest	Rest	Rest
20 seconds:	Power Knees R	Lunge Curl R	BirdDog Crunch R	Jumping Jack
10 seconds:	Rest	Rest	Rest	Rest
20 seconds:	Push Ups	Squat Press	BirdDog Crunch L	Plank Jack
10 seconds:	Rest	Rest	Rest	Rest
20 seconds:	Power Knees L	Lunge Curl L	BirdDog Hold R	Jumping Jack
10 seconds:	Rest	Rest	Rest	Rest
20 seconds:	Push Ups	Squat Press	BirdDog Hold L	Plank Jack
10 seconds:	Rest	Rest	Rest	Rest

Why be great, when you can be inkredible?

Power knees

- Start in a mini lunge position, with your weight over the front leg, your front knee slightly bent, and keeping your knee over the ankle
- With power, purpose, and intensity, pull the back leg in towards your chest - then lower it back.
- Just as your toes touch the ground, the knee pulls back up again.
- Use strong, functional arms to help build the power to pull the knee up.
- Complete all reps on 1 leg - then go to the other.



Push Ups

- Start in a high plank position with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart. Try to keep your shoulders down, neck long, and elbows out at a 45 degree angle.
- Bend your elbows lowering your body towards the ground, leading with your chest, then push your body upwards and straighten your arms.
- Repeat - ensuring you're leading with your chest, keeping your shoulders down & neck long, and your elbows at about a 45 degree angle.



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(Static) Lunge curl

- Start with 1 leg back, about hip width apart.
- Weights in your hands, your biceps pressing into your ribs and your palms facing forward.
- As you bend your knees and feel your back leg reaching to the ground, you curl your arms up at the same time.
- Then straighten your legs and lower your arms to the starting position. Keep your feet planted in the lunge position.
- Focus on form in both the lunge, and bicep curl.



Squat Press

- Front load your weight to your shoulders.
- Plant your feet about hip width apart and lift your chest.
- Bend your knees to squat down, ensuring your hips go back and knees stay behind toes.
- From the bottom of the squat, load up the power! Blast up pressing through your heels, finish your squat and power the arms up into an overhead shoulder press.
- Press your shoulders down, and with control, pull the arms back to starting.

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Note - new pictures coming soon that aren't cropped.

Bird dog crunch

- Kneel with knees hip-width apart and hands firmly on the ground about shoulder-width apart. Brace your core.
- Reach one hand forward and the opposite foot behind you. Feel lengthening through your spine.
- Next - crunch in by pulling your knee and elbow in together.
- Extend back out again on the same side.



Bird Dog Hold

Follow the same starting as the Bird Dog, just eliminate the crunch and HOLD in the lengthening position. Focus on reaching your fingers and toes away from each other, and lengthening through your whole spine. Keep your core braced and back flat.

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Jumping jacks

- Stand upright with your legs & arms together
- Bend your knees slightly, and jump into the air.
- As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.
- Jump back to your starting position and repeat.



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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