

TOTAL BODY Cardio Tabata Workout

Warm up - 2 minutes light cardio

Tabata 1

High intensity - 20 seconds

Light intensity - 10 seconds

Repeat 8 times

30 second rest

20 crunches
15 squats
10 push-ups

Tabata 2

High intensity - 20 seconds

Light intensity - 10 seconds

Repeat 8 times

30 second rest

20 crunches
15 squats
10 push-ups

Tabata 3

High intensity - 20 seconds

Light intensity - 10 seconds

Repeat 8 times

30 second rest

20 crunches
15 squats
10 push-ups

Tabata 4

High intensity - 20 seconds

Light intensity - 10 seconds

Repeat 8 times

30 second rest

20 crunches
15 squats
10 push-ups

Recovery - 2 minutes light cardio