

SENIOR TABATA WORKOUT



Here are some exercise ideas to plug into your Tabata format!
1 Tabata = 2 exercises. 20 seconds of work with a 10 second break, 4 times!
You should complete 8 Tabatas total.

Pick one from the strength category and one from the cardio category.

STRENGTH

- * Basic Squat
- * Plie Squat
- * Rear Leg Lift
- * Side Leg Lift
- * Reverse Lunge
- * Bicep Curl
- * Tricep Kickbacks
- * Shoulder Press
- * Lateral Arm Raise
- * Back Row
- * Upright Row
- * Front Raise

CARDIO

- * March
- * Run
- * High Knee Pulls
- * Kicks and Punches (alternating)
- * Jacks
- * Toe Taps
- * Hamstring Curls
- * V-Step

HERE IS A SAMPLE TABATA:

Bicep Curl/March March for
Bicep curls for 20 seconds
20 seconds 10 second break
10 second break

Repeat 4 times.
Then it's time for your next Tabata!
Change your Tabatas up daily
AND HAVE FUN!



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