

Tabata bodyweight blast

Warm up - 5 minute fast walk or slow jog

Perform each exercise for 20 seconds followed by a 10 second rest in between (one round = 4 minutes)

Complete up to 8 rounds

1. Push ups

- Lie face down with your hands at shoulder level and just beyond shoulder-width apart
- Keep your legs straight, your toes tucked under your feet and your abdominal muscles contracted
- Keeping your back straight, push your body up off the floor until your arms are straight
- Lower body until your chest is close to the floor again

Tip – Perform knee push ups if you're a beginner

2. Squat jumps

- Have your feet shoulder width apart, toes forwards, heels flat
- Stick your bottom back and bend down like you were going to sit on a chair
- Jump explosively in the air, keeping your back straight
- When you land, absorb your weight, and repeat with minimal rest

Tip – Do squats without jumping if you have knee problems

3. Mountain climbers

- Place your hands on floor, just wider than shoulder width apart
- Have your right leg back straight, and your left foot under your left hip
- Keeping your hands on the ground, jump high enough to swap the position of your feet, landing on your forefeet simultaneously for one repetition

Tip – Keep your core engaged throughout

4. Cycle kicks

- Lie on your back with your knees bent, and feet off the floor
- Place your hands behind your head, but don't pull your head forward
- Bring your left elbow to your right knee, moving both towards each other
- Then alternate sides, bringing your right elbow to your left knee. Your opposite knee extends back out while the other moves in

Tip – Lift your shoulders high for maximum effectiveness

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5. Tricep dips

- Place your hands on the edge of a bench, chair or coffee table, fingers facing down
- Rest on your heels with your legs out in front
- Lower your body with elbows pointing back, and lift back up to the initial position

Tip – No bench? Place your hands behind on the ground behind you with knees bent and perform short dips

6. Burpees

- Start in a crouched position with hands on the ground in front of you
- Jump both feet together and backwards into a plank / push up position
- Jump your feet forwards so they are back near your hands again
- Explosively jump up into the air, and return to the initial squatting position as you land

Tip - Raise your hands above your head as you stand instead of jumping in the air if you are a beginner.

7. Alternating Supermans

- Kneel on all fours, knees under hips and hands placed beneath shoulders.
- Slowly lift one arm forwards and the opposite leg backwards
- Once your arm and leg reaches the height of your body, hold for 2-4 seconds
- Return your arms and legs to the kneeling position, then mirror the movement with the opposite arm and leg

Tip – Just do the leg component if you find it difficult to balance

8. Star jumps

- Stand with feet shoulder width apart, toes forwards, heels flat with arms by your sides
- Jump vertically as high as you can, extending your arms and legs out to the sides to form a star shape in the air
- Bring your arms and legs inward in the air as you return to the ground, landing softly and bending your knees as you land

Tip – Beginners can alternate landings between your feet wide and feet close together.

Cool down and stretch to finish