

20 Minute Tabata A

Circuit 1

Exercise	Duration	Times Executed	Rest	Transition Time	Total Time
High Knees	00:20	2	00:10	00:00	01:00
Mountain Climber	00:20	2	00:10	00:00	01:00
Push-Up	00:20	2	00:10	00:00	01:00
Alternating Lunges	00:20	2	00:10	01:00	02:00
Total	02:40		01:20	02:00	05:00

Circuit 2

Exercise	Duration	Times Executed	Rest	Transition Time	Total Time
Jumping Jacks	00:20	2	00:10	00:00	01:00
Squat	00:20	2	00:10	00:00	01:00
Lunge Jump	00:20	2	00:10	00:00	01:00
Burpee	00:20	2	00:10	01:00	02:00
Total	02:40		01:20	02:00	05:00

Circuit 3

Exercise	Duration	Times Executed	Rest	Transition Time	Total Time
Push-Up	00:20	2	00:10	00:00	01:00
V-Ups	00:20	2	00:10	00:00	01:00
Curtsy Lunge	00:20	2	00:10	00:00	01:00
Jump Rope	00:20	2	00:10	01:00	02:00
Total	02:40		01:20	02:00	05:00

Circuit 4

Exercise	Duration	Times Executed	Rest	Transition Time	Total Time
Donkey Kick	00:20	2	00:10	00:00	01:00
Triceps Dip	00:20	2	00:10	00:00	01:00
Plank to Pushup	00:20	2	00:10	00:00	01:00
Frog Jumps	00:20	2	00:10	01:00	02:00
Total	02:40		01:20	02:00	05:00

Class Plan Totals

Total Work Time	10:40
Total Rest Time	05:20
Total Transition Time	08:00
Total Time	20:00

Exercises

Alternating Lunges	Step forward with your right leg and slowly lower your body until your front knee is bent at least 90 degrees. Pause, then, raise up and bring your back foot forward so that you move forward (like you're walking) a step with every rep. Step forward with the alternate leg and repeat.
Burpee	Start out in a low squat position with hands on the floor. Next, kick the feet back to a push-up position, complete one push-up, then immediately return the feet to the squat position. Leap up as high as possible before squatting and moving back into the push-up position.
Curtsy Lunge	When lunging, step the left leg back behind the right, bending the knees and lowering the hips until the right thigh is almost parallel to the floor. Remember to keep the torso upright and the hips square.
Donkey Kick	Start in a push-up position, with the legs together. Tighten the core and kick both legs into the air with knees bent, reaching the feet back toward the glutes. Just try to land gently when reversing back to the starting position.
Frog Jumps	Start in an athletic squat position and swing your arms back behind your hips. Push off of your heels and jump forward, land, and immediately sink back down into a squat position and jump again.
High Knees	Stand tall with your feet shoulder-width apart. Without changing your posture, raise your left knee as high as you can and step forward. Repeat with your right leg. Continue to alternate back and forth.
Jump Rope	Hold the rope while keeping your hands at hip level. Rotate your wrists to swing and jump with both feet at the same time over the rope. Repeat.
Jumping Jacks	Stand with your feet together and your hands at your sides. Simultaneously raise your arms above your head and jump up just enough to spread your feet out wide. Without pausing, quickly reverse the movement and repeat.
Lunge Jump	Stand with the feet together and lunge forward with the right foot. Jump straight up, propelling the arms forward while keeping the elbows bent. While in the air, switch legs and land in a lunge with the opposite leg forward. Repeat and continue switching legs.
Mountain Climber	Starting on your hands and knees, bring the left foot forward directly under the chest while straightening the right leg. Keeping the hands on the ground and core tight, jump and switch legs. The left leg should now be extended behind the body with the right knee forward.
Plank to Pushup	Starting in a plank position, place down one hand at a time to lift up into a push-up position, with the back straight and the core engaged. Then move one arm at a time back into the plank position (forearms on the ground). Repeat, alternating the arm that makes the first move.
Push-Up	Keep a tight core throughout the entire push up. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90-degree angle. Exhale as you begin contracting your chest muscles and pushing back up through your hands to the start position. Don't lock out the elbows; keep them slightly bent.
Squat	Stand with the feet parallel or turned out 15 degrees—whatever is most comfortable. Slowly start to crouch by bending the hips and knees until the thighs are at least parallel to the floor. Make sure the heels do not rise off the floor. Press through the heels to return to a standing position.
Triceps Dip	Get seated near a step or bench. Sit on the floor with knees slightly bent, and grab the edge of the elevated surface and straighten the arms. Bend them to a 90-degree angle, and straighten again while the heels push towards the floor. For some extra fire, reach the right arm out while lifting the left leg.

V-Ups

Lie faceup with legs and arms extended. Keeping knees and elbows locked, simultaneously raise upper body and lower body while trying to touch fingers to toes.