DAY 2

The Tabata Program

Each exercise in a given Tabata workout lasts only four minutes, but it's likely to be one of the longest four minutes you've ever endured.

The structure of the program is as follows:

Work out hard for 20 seconds
Rest for 10 seconds
Complete 8 rounds

You push yourself as hard as you can for 20 seconds and rest for 10 seconds. This is one set. You'll complete eight sets of each exercise.

Squats + Squat Thrust

Lunges + Mountain Climbers

Step ups + Seal Jacks

Plank Jacks + Knee to elbow sit ups

30 DAY CHALLENGE