

30 Minute Full Body Tabata

I have had a ton of requests for a Tabata workout lately. In today's workout we are working so many muscles: Quads, glutes, hamstrings, core, shoulders, biceps and triceps!

Enjoy Queens

What you will need:

- 2 mini bands, set of lighter dumbbells, set of heavier dumbbells.

Warm-Up:

- Included in workout.

Workout:

- We're going to be doing each exercise for 20 seconds on, and 10 seconds off, for a total of 6 sets before we move onto the next. There are two exercises within each set.

Exercises:

Circuit 1

- **'X' jump to Squat** - Complete an X jump by jumping your feet into a crisscross and then land into a deep squat. Continue to rep it out.
- **Standing Side Crunch** - Grab a set of heavy dumbbells (I used 20s) Stand tall, with your shoulders back and belly button in, and tilt to one side so you are performing a side crunch. Alternate sides with each round.

Circuit 2

- **Back Lunge to High Knee** - Perform a classic back lunge, as you stand back up, drive your knee up towards your chest to engage your lower abs. Alternate sides with each round
- **Forward Shoulder Raise** - Using your set of lighter weights, bring the weights in front of you so they are resting on your thighs. Lift straight up in front of you and stop once you have reach shoulder height. Release back to starting position.

Circuit 3

- **Narrow Squats** - Just like a classic squat, but with your feet and closer together. This really engages the inner and outer thighs.
- **Half Bicep Curl with Triple Pulse** - Perform a classic curl but stop when you reach halfway so your arm is bent at a 90-degree angle. Now perform 3 small pulses, and return back to starting position

Circuit 4

- **Classic Mini Band Side Steps**

Make today badass!
Ashley Dale Grant

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- **Tricep Mini Band Kickback** - Be mindful that you are not swinging your arm. It is very important that you keep your elbow locked in tight at your side and that the only thing moves is your elbow going from straight to bent

Cool down/Stretching:

- Complete 5-10 minutes of nice gentle stretching.