



HOME WORKOUT

30 MINUTE TABATA WORKOUT

Want to get personalised workouts that are specific to your goals, with video instructions and progress tracking?

Check out our coaching service at: thecarnivoredietcoach.com

A Tabata round 1

1



Burpee from Floor
Sets 8 Time 20sec Tempo Explosive
Rest 10sec Intensity Bodyweight

B Tabata round 2

1



Burpee from Floor
Sets 8 Time 20sec Tempo 1010 Rest 10sec
Intensity Bodyweight

C Tabata round 3

1



Metabolic Mountain Climber
Sets 8 Time 20sec Tempo Explosive
Rest 10sec Intensity Bodyweight

D Tabata round 4

1



Bodyweight VMO Split Squat
Sets 8 Time 20sec Tempo 1111 Rest 10sec
Intensity Bodyweight

E Tabata round 5

1



Scissor Kicks
Sets 8 Time 20sec Tempo 1010 Rest 10sec
Intensity Bodyweight

F Tabata round 6

1



Spiderman Press Up
Sets 8 Time 20sec Tempo 1111 Rest 10sec
Intensity Bodyweight

Warm Up:

Perform five minutes of gentle aerobic work like skipping or jogging on the spot.

Circuit

Perform each exercise for 20 seconds, rest for 10 seconds and repeat 8 times.

Rest for 1 minute between each exercise.