

# BODY WEIGHT TABATA



Tabata is a trendy but effective workout going around these days. Here is how you can be hip trendy too. The structure is simple: 20 seconds of work, 10 seconds of rest, repeat. How hard can it be?

## How to do it:

There are four exercises in each round. There are four rounds. In each round, you go through the exercises three times. Feeling sparky? Make it four times.

For example:

- 20 seconds of exercise **A**. 10 seconds rest.
- 20 seconds of **B**. 10 seconds rest.
- 20 of **C**. Rest.
- 20 of **D**. Rest.
- Start over: 20 of A. Rest. B. Rest. C. Rest. D.
- Repeat one more time for three times through.

You can do Tabata with almost any exercises. You can even do it with just one exercise. Kind of monotonous but still effective. Here are some exercises that only use your bodyweight. No need for any equipment other than gravity.

What to do:

- Get familiar with each exercise (see the descriptions below and/or the video)
- Get some sort of timer or a clock. There are Tabata and workout timer apps. Or just use an analog clock with a second hand. Every round is 30 seconds (20 seconds of work, 10 seconds of rest) so it is easy to keep up with.
- Get a good full-body warm up. Every joint, every muscle. You are going to use all of them.
- GO!!

Round			
1	2	3	4
Crab Toe-Touch	One Leg Dead	Jumping Jacks	Flipping Crab
Rolling Ts	Flutter Kicks	Plank	Air Squats
Lunges	High Knees	Butt Kickers	Suit Cases
Mountain Climbers	Leaning Lunge	Chuggers	Square Jumps

- For the hard liners:
  - You get one minute of rest between rounds 1 and 2, and 3 and 4.
  - Half-Time: (between rounds 2 and 3) you get 2 minutes or rest.
- Don't cheat. If you get a late start, extend your time to get a full 20 seconds of work.
- Cool down.
- Post on Facebook how awesome you are.



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## The Moves

**Crab Toe Touch:** Great for core strength and control.

From the crab stance (face up, feet flat on the floor, hands on the floor behind you, butt off the floor), kick one foot out and reach to touch it with the opposite hand. Slightly bend your elbows to prevent stressing or hyper extending them. *Modification:* Easier: Switch to dancing crab by just kicking your feet and not reaching with your hands.

*Trainer Tip:* Kick your leg straight out so you have to tighten your abs and fold your body slightly to touch your toe. “Soften” your elbows to keep from hyper extending them.

**Rolling Ts:** Awesome core and shoulder stability move.

From the high plank position (starting position of a push up; face down, arms extended, hands under shoulders, toes on the floor, feet together, body braced and flat) twist to raise your right hand up to form a sideways T with your body. Pause for a second, then return to the push-up position. Then raise your left hand to for the ‘T’.

*Trainer Tip:* Keep your abs tight so you don’t sag through or stick your butt up. You want a straight line from your shoulders to your heels the whole time.

**Lunges:** Work the far limits of your quads, glutes and peripheral muscles in your hips.

From standing, step one foot forward to the 90/90 lunge position (Torso straight up, kneeling so one knee is almost touching the ground, both knees forming 90 degree angles). Push up through your heel to stand back up. Repeat with the other foot.

*Modification:* Make it harder by jumping from the down position and switching feet in the air (the jump lunge or Mary K.).

*Trainer Tip:* Keep your abs tight and torso vertical the whole time. Don’t lean over at the bottom of the lunge.

**Mountain Climbers:** Great for core and shoulder stability as well as hip speed.

In the High Plank position pull your right knee to your chest as tight as possible then back. Repeat with the left leg. Move your legs as quickly as possible but keep your upper body braced and stable. For this version, do not put your foot down when you have it pulled to your chest. Just up and back as fast as possible like you are running in the pushup position.

*Trainer Tip:* Work to keep a straight line from your shoulders to the foot on the ground. Try to tuck the moving leg under your body without sticking your butt in the air.

*Modification:* If doing this on the floor is too hard, put your hands higher - on a chair or counter top.

**One Leg Dead:** Test your balance, coordination and leg strength.

Standing on one foot, squat down to touch the floor with both hands. Push the raised leg way behind you to counter balance yourself. Keep your spine neutral and abs braced. Bend at your knee as much as you can. Alternate feet or switch feet either at 10 seconds.

*Trainer Tip:* Imagine that your raised foot is on a roller track. It should just slide straight back and forth on that track.



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**Flutter Kicks:** Fantastic exercise and interrogation technique.

On your back, legs extended, spine neutral, hands under your butt or hips and abs braced. Keep your legs straight; kick your feet about one foot off the ground like you are swimming (but with stiff legs).

Modification: Raise your flutter higher to make it easier.

*Trainer Tip:* Keep breathing through your abs even though they are braced. It will help stave off the burn. Anchor your hips and shoulders.

**High Knees:** Great for hip flexors and speed.

Standing (spine neutral, abs braced), raise each knee up until your thigh is horizontal.

Modification: Only let one foot on the floor at a time and really get going (like at a running pace). Put out your hands at hip level and hit your hands with your knees

*Trainer Tip:* Don't roll your shoulders down to your knees. Keep your torso braced and vertical. GO FAST!!

**Leaning Lunge:** For buns of steel without the legwarmers.

Standing feet together, knees slightly bent and leaning slightly forward, extend one leg back and raise both hands overhead like you are cross-country skiing. When you bring your feet back together, swing both arms down and back like you are pushing with the poles.

**Jumping Jacks:** Plain ol' jumping jacks.

Standing, jump, open your legs, hands overhead. Jump again, close your legs, hands down. Repeat quickly.

**Plank:** Old faithful. Great for core and shoulder stability.

From your hands (High Plank) or forearms (low plank). Keep your core strong and keep a straight line from your shoulders, through your hips to your ankles.

**Butt Kickers:** Getting your hams involved.

Standing, pick one heel up to try to kick your own butt. Repeat on the other side.

Speed it up to a running pace if able.

*Trainer Tip:* Try to leave your knees next to each other so you are using more hamstring muscles.

**Chuggers:** Strange but effective for hip flexors and lateral abs.

Standing, hands on the back of head. Raise your right knee and twist to try to touch your left elbow to your right knee. Switch leg and arm. Don't bend over to touch them together (the combination of twisting, bending and raising can be bad). Raise your knee as high as possible and attempt to touch the knee and elbow.

*Trainer Tip:* Don't pull on your head. Just touch our fingers to the side of your head.

You might pull your head off or wrench your neck.

**Flipping Crab:** Good full body core control.

From the crab position (face up, feet flat on the floor, hands behind you flat on the floor, butt off the floor), flip over to a plank position: Kick your right leg under your butt and bring your other arm over your body while you push your left leg under your body. Flip



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back over to the crab position: Kick one leg under the other leg to flip your hips then bring the opposite arm over to flip your shoulders.

*Trainer Tip:* Keep “soft” elbows to protect your shoulders and elbows.  
This move easier to understand if you watch the video.

**Air Squats:** Nothing fancy. Just a good leg burn.

Standing, feet parallel, brace, hinge your hips to push your butt back (like you are trying to touch something with your butt) and bend your knees. Go as low as you can before your hips roll under.

*Trainer Tip:* Keep your brace strong. Don’t let your hips roll under or your shoulders bow forward.

**Suit Cases:** Great combination abs exercise.

On your back, hands overhead and legs extended but not on the ground. Raise one thigh to your chest and reach with both hands to try to grab your foot. Extend your hands and feet back to the banana position, repeat with the other foot.

*Trainer Tip:* Roll up with your hips and shoulders to get a tight ball. Stay square – keep your knee folding directly into your chest and reach straight for your foot.

**Square Jumps:** Good bouncy exercise for your calves and coordination

Standing, imagine there is a square symbol on the floor. With both feet together jump from former to corner, forward to the far left corner, then right, then back, then left. Repeat.

If any of these exercises are painful or too difficult, feel free to substitute another exercise of your choice. I built each round to get each major movement at least once (shoulders, core, legs, coordination)

A demonstration of each exercise and the workout is on the Black Dog Fitness YouTube channel.

