

Tabata HIIT Routine

Equipment

- None

Warm Up. Start by walking or jogging in place for five minutes. You just want to get enough movement to warm up your muscles and loosen your joints.

Intervals. With Tabata you'll choose four exercises to perform. In this example routine you'll be performing:

- jumping jacks
- high knees
- squats
- pushups

Begin by doing jumping jacks as fast as you can for 20 seconds. Then you'll rest for 10 seconds. Then you'll move on to high knees for 20 seconds and rest for 10 seconds. Continue on with squats and pushups in the same manner.

After you've gone through all four exercises , repeat the cycle one more time.

Cool Down. Following the 4 minutes of HIIT you'll need to cool down. You can walk or jog anywhere from 5-10 minutes. In Tabata research studies, the cool down was performed for the entire 10 minutes.

