

HONEY WE'RE HEALTHY

30-DAY FITNESS CHALLENGE

#HWHFitnessChallenge

HONEYWEREHOME.COM

20 Minute TABATA Workout With Core

TABATA is 20 seconds "on" (or "all out"), followed by 10 seconds of rest. It's normally done in sets of 8 rounds (1 round=30 seconds with 20 on/10 off) and it's 4 minutes total.

REPEAT 4X

SKI SQUAT

(1 dumbbell in each hand and swing at your sides like a kettlebell swing bringing weights shoulder height)

WEIGHTED SQUAT JUMPS

ALTERNATING LUNGES

(Squat and lunge back with right leg, squat then lunge back with left)

WEIGHTED JUMP LUNGES

PUSHUP ALTERNATE KNEES

(Bring right knee under your body, repeat on other side)

HIGH KNEES

REVERSE FLYES

("Single, single, double". Do right arm, left, then both.)

PLANK JACK

(Plank position with feet in and out-like a jumping jack)

TRICEP KICKBACK

(On right and then on left-2 times on each side)

SIDE PLANK WITH HIP DIPS

(2x each side)