

30 Minute Basic Tabata Blast!

Alternating between cardio bursts and strength training, this High Intensity Interval workout will rev up your metabolism and get you feeling good! No props necessary.

**Perform each exercise for 45 seconds, followed by 15 seconds of rest.
Complete each circuit twice.**

1. Lower Body Circuit	2. Upper Body Circuit	3. Core Circuit
Jumping Jacks	Push Ups	Right Side Plank
Squats	Burpees	Jump Rope
Butt Kickers	Plank with Shoulder Taps	Left Side Plank
Reverse Lunges, alternating sides	Speed Bag Punches	Quick Feet
High Knees	Tricep Push Ups	Plank
<i>Repeat circuit once</i>	<i>Repeat circuit once</i>	<i>Repeat circuit once</i>