

## Tabata Workout Weights and Core

### 5 Minute Tabata

20 sec weighted walking lunges

10 sec rest

20 sec weighted squats

10 sec rest

20 sec upright rows

10 sec rest

20 sec squat with press

10 sec rest

20 sec wide fly

10 sec rest

20 sec mountain climbers

10 sec rest

20 sec pike ups

10 sec rest

20 sec burpees

10 sec rest

20 sec hand to elbow plank

10 sec rest

20 sec plank hold

10 sec rest



Happy Tabata Tuesday fitfam! Tie your hair back, grab some weights and get your Tuesday off to a sweet start. Sorry that should be sweaty start! This will get your body toned and your core really engaged. Hasta la vista muffin top!

Love Roo xx

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