

# ACTIVITY TABATA

EQUIPMENT: MUSIC PREFERABLE  
SPACE REQUIRED: INSIDE/OUTSIDE

TARGET:



1.

## Jogging on the spot

'Head facing forwards. Knees raised alternately no higher than hips. Arms move alternately without crossing body'



30 SECONDS

2.

## Mini Squats

'Head facing forwards. Feet shoulder width apart. Back straight. Bend knees till a near seated looking position, 1/2 a second pause then straighten legs. Repeat'



30 SECONDS

3.

## Shadow Box

'Feet shoulder width apart. Hands closed held either side of the face with wrists facing out (Guard position). Alternately extend arms till straight with wrist facing up, bring back to guard and repeat'



30 SECONDS

4.

## Floor Touch and Sky Reach

'Feet shoulder width apart. Bend knees and touch floor with both hands at the same time. Straighten legs whilst reaching up high. When tiptoes are reached, the arms should be extended and fingers pointing towards the sky. Repeat'



30 SECONDS

5.

## Sprinting On The Spot

'Head facing forwards. Torso straight. Use the balls of the feet. Quick alternate knee raises slightly above hip line. Elbows bent at 90degrees. Fast alternate arm movements hip to cheek'



30 SECONDS

## Description

WORK THROUGH THE  
ACTIVITY LIST FROM  
TOP TO BOTTOM.  
EACH ACTIVITY IS 30  
SECONDS WITH A REST  
OF 10 SECONDS IN  
BETWEEN.  
COMPLETE AS MANY  
ROUNDS AS DESIRED