

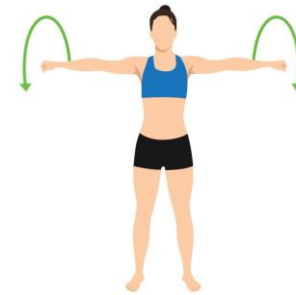
TABATA WORKOUT

Cash Jay

2-MINUTE WARMUP

Tabata with Cash Jay

- Feet shoulder width apart
- Forward arm circles – 10 sec – (more intensity – circle arms then twist torso, left then right)
- Backward arm circles – 10 sec
- Squat touchdown – reach down and touch the floor while squatting then reach up and touch the sky (on your tiptoes – no jumping yet) – 20 sec
- Step-jacks – 20 sec. These are just warmups so you don't need to increase your intensity yet.
- Explain and demonstrate the 4 Tabata movements (utilizing Practice style) – 40 sec



TABATA INSTRUCTION



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- I will be using Command style from this point on to lead and instruct while the group follows me.
 - I will be using external cues.
 - The warmup will be a 2-minute warmup
 - For the Tabata instruction, I will complete movements 1 – 4 for 20 seconds each with a 10 second rest, then repeat that round 1 time.
 - I will then complete movements 5 – 8 for 20 seconds each with a 10 second rest for each, then repeat that round 1 time.

1ST MOVEMENT - DROP SQUATS

Tabata with Cash Jay

- Drop squat – high intensity
 - JUMP feet apart shoulder width while reaching down between knees to touch the floor with one hand. In one smooth motion jump back up and bring feet together. Repeat for 20 seconds, alternating hands
- Drop squat – low intensity
 - STEP feet apart shoulder width while reaching down between knees to touch the floor with one hand.
 - Rise up then step feet together.
 - Repeat for 20 seconds, alternating hands
- REST for 10 seconds – while reminding of next movement



2ND - PLANK SIDE LEG EXTENSION

Tabata with Cash Jay

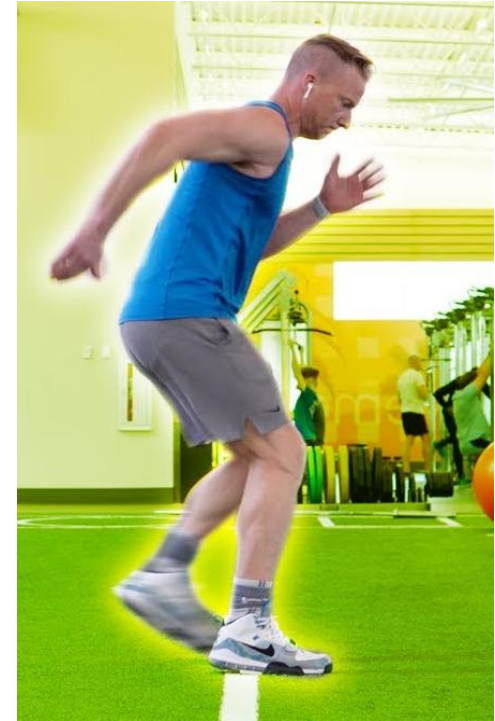
- This one will work the legs. Get your glides and place beneath your feet/toes. Get in either plank or downward dog position, whichever is comfortable for you.
- High intensity
 - Staying in position and not bowing your back, quickly extend right leg to side and back, then immediately move left leg to side and back.
 - For higher intensity, move faster, keeping feet on slides.
 - Repeat for 20 seconds, alternating legs/feet
- Low intensity
 - Decide if plank position or downward dog is more comfortable, and you can always plank on your elbows, not your hands. Slowly extend left leg to side then return to position. Repeat with right leg, alternating legs for 20 seconds.
- REST for 10 seconds



3RD - FAST FEET IN/OUTS

Tabata with Cash Jay

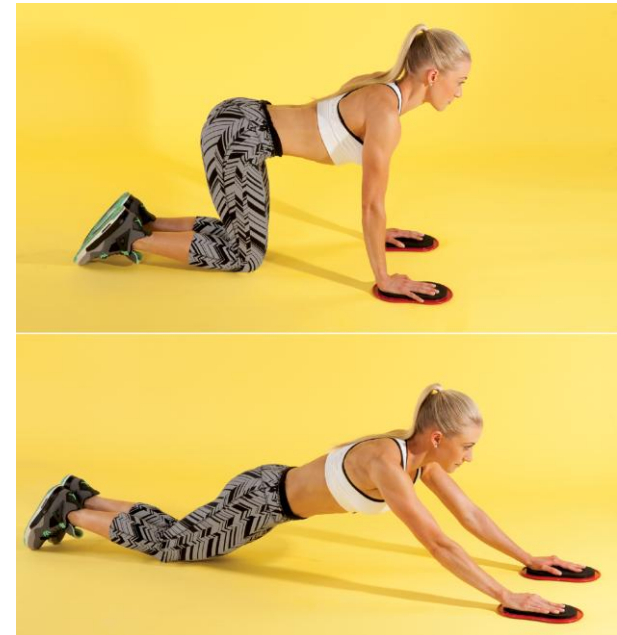
- In running position, keep arms tucked up into body.
- High intensity
 - **Jog** in then out stepping each foot out to the side, then back in to starting position. Pretend you are jumping over a stick on each side then back. Or pretend you are jumping over a snake on either side and that will get you moving!
 - Repeat for 20 seconds, alternating legs/feet
- Low intensity
 - **Step** in then out stepping each foot out to the side, then back in to starting position. Pretend you are stepping over a stick on each side then back.
 - Repeat for 20 seconds, alternating legs/feet
- REST for 10 seconds



4TH - FORWARD/SIDE PLANK WITH DISCS/HANDS

Tabata with Cash Jay

- This one will work the arms, shoulders, and core.
- High intensity
 - Place hands on glides or towels in plank position. Slide hands forward as far as possible and return to starting position, then slide hands out (to the side) as far as possible then return to start, then slide hands out to the 10 and 2 clock positions (diagonal) then return to start. Increase the speed of movement for higher intensity,
 - Repeat for 20 seconds, alternating legs/feet
- Low intensity
 - Place hands on glides or towels in plank position. Slide hands forward as far as possible and return to starting position, then slide hands out (to the side) as far as possible then return to start. Decrease the speed of movement for lower intensity.
 - Repeat for 20 seconds, alternating legs/feet
- REST for 10 seconds



5TH - JUMPING LUNGES

Tabata with Cash Jay

- High intensity
 - Stand with feet apart shoulder width. Jump into a deep lunge then back to starting position. Repeat with other leg, jumping into a deep lunge, then returning to starting position.
- Low intensity
 - Stand with feet apart shoulder width. Lower into a deep lunge as far as is comfortable then back to starting position. Repeat with other leg.



6TH - SIDE LUNGES

Tabata with Cash Jay

- This one will work the legs.
- High intensity
 - From a standing position, fold hands together for balance, and stretch one leg as far as you can to one side while lunging down with your balancing leg. Come back up to starting position and do a deep lunge with the other leg.
 - Repeat for 20 seconds, alternating legs/feet. Rest for 10 seconds, then repeat.
- Low intensity
 - From a standing position, fold hands together for balance, and stretch one leg to the side as far as comfortable while lunging down (as far as possible) with down with your balancing leg. Come back up to starting position and do a lunge with the other leg.
 - Repeat for 20 seconds, alternating legs/feet. Rest for 10 seconds, then repeat.



7TH - CROSS-OVER DISC SLIDES

Tabata with Cash Jay

- This one will work the core.
- High intensity
 - Place feet on glides in plank position. Cross one leg under the other while twisting torso.
 - Repeat for 20 seconds, alternating legs/feet
- Low intensity
 - Place feet on glides in plank position. Bring one leg up under stomach then back to starting position.
 - Repeat for 20 seconds, alternating legs/feet



8TH - SLIDING PUSH UPS WITH GLIDES

Tabata with Cash Jay

- This one will work the chest and arms.
- High intensity
 - Place hands on glides in plank position. Slide arms out as you go down into a pushup, then slide arms/hands back under your body as you push up.
- Low intensity
 - Place hands on glides in plank position. Slide arms out to side (if possible) as you go down into a pushup, then slide arms/hands back under your body as you push up.



COOL DOWN



Tabata with Cash Jay

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- Sit on mat with legs outstretched. Bend one knee and cross over the other, twisting torso in the opposite direction. Hold for 20 seconds.
 - Switch legs/knees and twist torso in the other direction. Hold for 20 seconds.
 - Move to downward dog position and hold for 20 seconds.
 - Sit on your knees and grab hands together behind you. Stretch the shoulders back and hold for 20 seconds.
 - Stay on knees and stretch arms upward to the ceiling then down, slowly breathing in and out. Repeat for 20 seconds.
 - Stand up and stretch arms in big circle to the sky and down, squatting slightly as you breath in and out. Repeat for 20 seconds.