

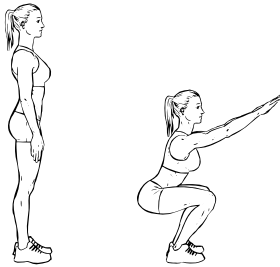
# Beginner - 15-min Lower Body Tabata

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15 min · Abs, Legs

The style of today's workout is Tabata. Each exercise is only set to last 2 minutes, your goal is to perform each exercise at a high intensity for 20 secs and then rest for 10 secs before attempting another set. Each exercise is built up of 4 sets.

## Air Squats

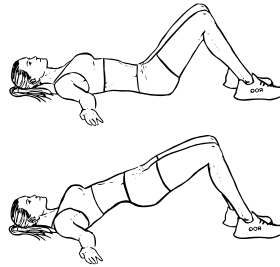


**1:00**  
rest

**4 sets 20 secs 10 sec rest**

Tabata 1 - Get squatting! Remember, 20 seconds on, 10 seconds off, x 4!

## Hip Raises

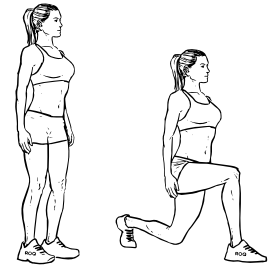


**1:00**  
rest

**4 sets 20 secs 10 sec rest**

Tabata 2 - Get those hips nice and high. Complete these using fast reps!

## Bodyweight Walking Lunges

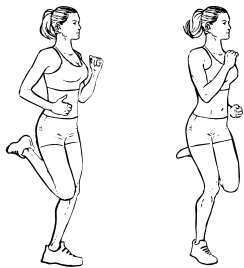


**1:00**  
rest

**4 sets 20 secs 10 sec rest**

Tabata 3 - Alternate your legs with every rep! This will burn!

## Butt Kicks

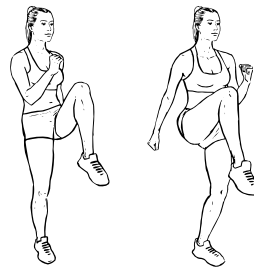


**1:00**  
rest

**4 sets 20 secs 10 sec rest**

Tabata 4 - Kick those butt cheeks fast!

## High Knees



**4 sets 20 secs 10 sec rest**

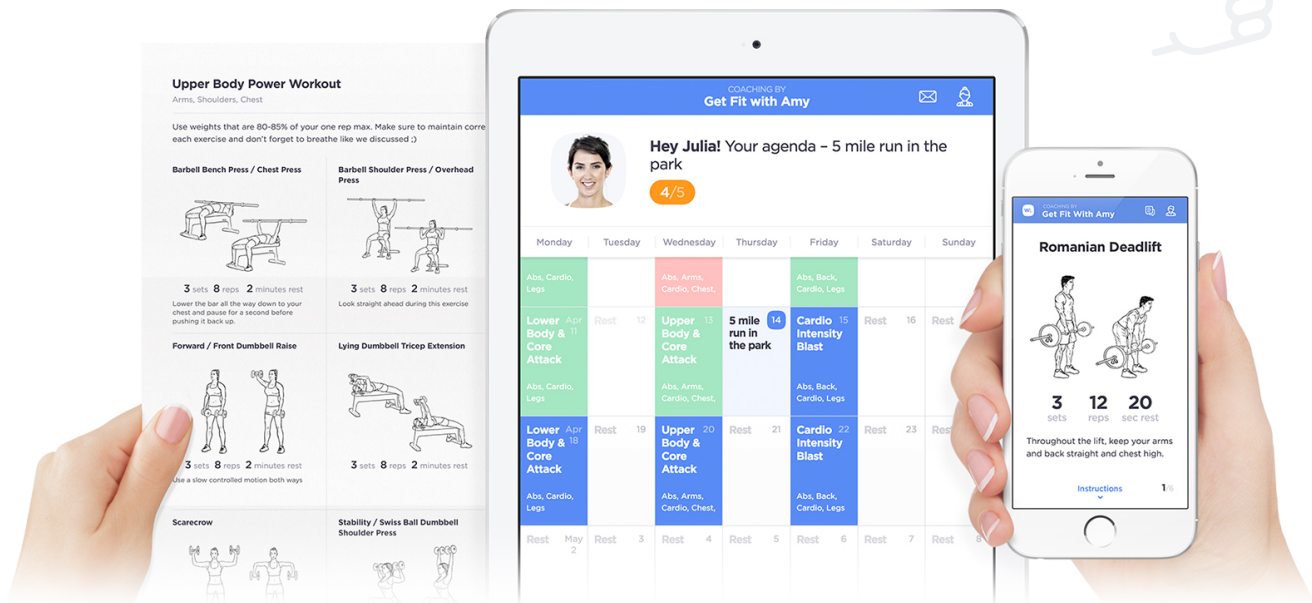
Tabata 5 - You're almost there! Get those knees up nice and high, this should be the final sprint!

# Mustard Fitness

Stacey Quick · Global



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