

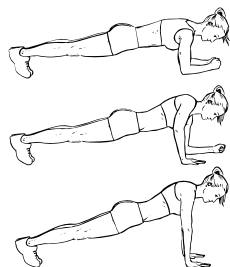
Beginner - 15-min Upper Body Tabata

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15 min · Abs, Arms, Chest, Shoulders

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.

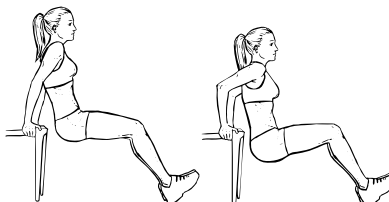
Plank to Push-Up



4 sets 20 secs 10 sec rest

Tabata 1 - Use your knees! Alternate your arms with every rep. Remember, 20 seconds on, 10 seconds off x 4!

Bench Tricep Dips

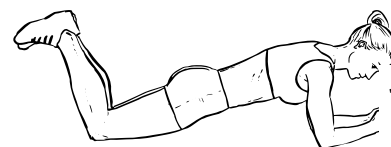


1:00
rest

4 sets 20 secs 10 sec rest

Tabata 2 - Time to burn out those triceps. Get low to the ground, you can slow down, but don't stop!

Knee Plank

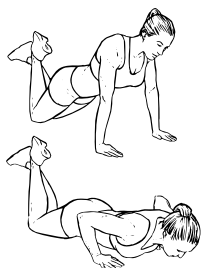


1:00
rest

4 sets 20 secs 10 sec rest

Tabata 3 - If possible, try the full plank!

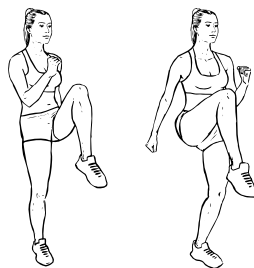
Knee Push-ups



4 sets 20 secs 10 sec rest

Tabata 4 - Get that chest down to the floor!

High Knees



1:00
rest

4 sets 20 secs 10 sec rest

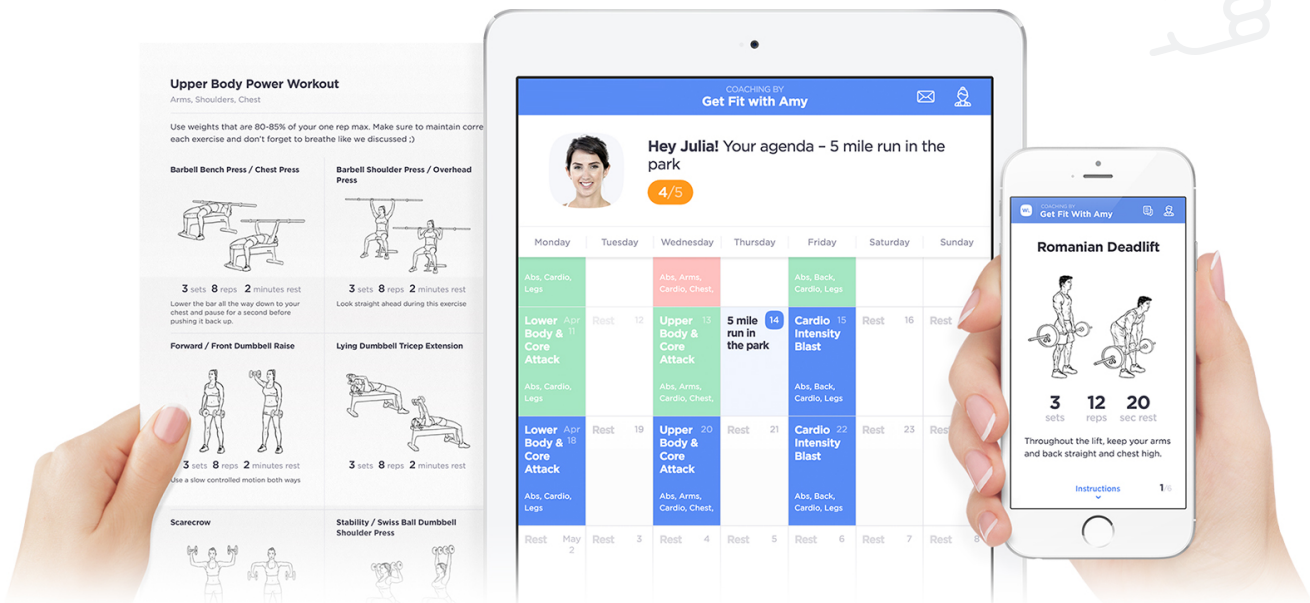
Tabata 5 - On-the-spot sprinting! Go go go!

Mustard Fitness

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