Tabata Workouts are high-intensity and burn major calories in a short amount of time. The work comes from the intensity and the repetition. You repeat each exercise eight times—working and resting for set intervals.

**Tabata 1**
Forward/Backward Lunge

**Tabata 2**
Modified Burpee

**Tabata 3**
Jump Squats

**Tabata 4**
Walk-Out Push-Ups

**Tabata 5**
Chop Squat Jacks

**Tabata 6**
Mountain Climbers

**Tabata 7**
Basketball Shuffle Jump Shot

**Tabata 8**
Plank Shoulder Taps

Get instructions on these exercises and more great workouts at www.evolvefitnessandcoaching.com