

NO GYM NEEDED

Quick & Simple Workouts for Gals on the Go
Get a Toned Body in **30 Minutes or Less**

L I S E C A R T W R I G H T

No Gym Needed Tabata

Bonus Workout 2

If you're looking for a workout to get your heart rate pumping and blast calories right out of the water, then Tabata is perfect for you. Tabata is an interval based workout that is high-intensity and moves from one exercise to the next so quickly, that you'll find it difficult to keep up or get bored!

The main gist behind Tabata is to perform each type of exercise for a maximum intensity for 20 seconds, followed by a short 10 second rest. You keep repeating this on-off pattern until your dying... or a total of 8 times (whichever comes first!), making a full Tabata round in four minutes.

For this bonus workout, you'll get a 30 minute workout that will leave you panting, sweat dripping down your face and a sense of complete satisfaction that you didn't keel over after your first 4 minute round!

This workout is completely body weight focused, so no equipment needed, making it ideal for doing when your travelling. Make sure to refer to the fast-track page to download this and all the other workouts so you can access them whenever you need.

[Source: www.popsugar.com.au]

Tabata Full Body Workout

Do each Tabata for 20 seconds (maximum intensity) and then rest for 10 seconds, repeating each Tabata 8 times before moving to the next Tabata exercise

Tabata 1: Jumping Jacks

Tabata 2: Alternating Backward Lunges



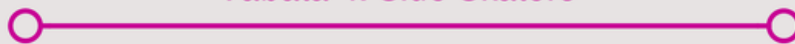
Core Series x 30 seconds each:

Right side elbow plank & Left side elbow plank

60 second rest

Tabata 3: Burpee

Tabata 4: Side Skaters



Arm Series x 30 seconds each:

Reverse plank with leg lifts & Tricep dips

60 second rest

Tabata 5: Bicycle Crunches

Tabata 6: Toe-Touch Crunches



Back Series x 30 seconds each:

Superman hold & Opposite arm and leg reach on all fours

No Gym Workouts - by Lise Cartwright

Tabata Workout:

Tabata One

Jumping jack - 20 seconds, rest for 10 seconds then repeat 8 times

Tabata Two

Alternating backward lunge (step backwards each lunge rather than forwards) - 20 seconds, rest for 10 seconds then repeat 8 times

Core series (perform each exercise for 30 seconds)

Side elbow plank right: Roll body to right to do a side elbow plank, with feet stacked.

Side elbow plank left: Roll to left to perform an elbow plank on left side.

:60 second rest

Tabata Three

Burpees - 20 seconds, rest for 10 seconds then repeat 8 times

Tabata Four

Side skate: Start in a small squat, jump sideways to the right landing on your right leg, then left, reverse direction by jumping to left with left leg. Keep alternating sideways jumps - do for 20 seconds, rest for 10 seconds then repeat 8 times

Arm series (perform each exercise for 30 seconds)

Reverse plank with leg lifts: Maintain the reverse plank and lift right leg up as high as you can without letting pelvis drop, then switch legs. Continue alternating legs.

Triceps dips: Come to a tabletop position and bend elbows to work your triceps.

:60 second rest

Tabata Five

Bicycle crunch: Lie on your back with hands behind your head. Lift head and rotate to bring elbow to opposite knee, then switch sides. Continue alternating sides to work the abs - 20 seconds, rest for 10 seconds then repeat 8 times

Tabata Six

Toe-touch crunch: Lie on back and reach your arms and legs toward ceiling. Lift your head and shoulder off the ground and touch your toes, while lifting pelvis slightly off ground so toes move toward fingers. If your neck tires, place one hand behind your head - 20 seconds, rest for 10 seconds then repeat 8 times

Back series (perform each exercise for 30 seconds)

Superman: Lie prone, and lift arms, legs, and head off the ground and hold the position. Prone alternating leg lift: Place hands under your forehead, lift low abs away from floor, and lift right leg up keeping knee straight and pelvis on the floor. Then switch legs and continue alternating.

Opposite arm and leg reach on all fours: Start on hands and knees, reach the right arm forward as you reach the left leg back, keeping torso stable. Come back to all fours and switch sides.

You should be well and truly sweating after this workout. Each section (2 Tabata's + 2 30-second exercises) should take you 10 minutes to complete. At each 60 second rest, make sure you drink plenty of water.

Both of the bonus workouts included in this section are designed to remove the boredom that can develop during a 30-day program. If you ever start to feel bored, choose one of the bonus workouts and alternate them in with your 'normal' workouts.

In the next section, we're going to help you develop good workout habits, learn how to create your own routine, the importance of tracking and measuring, and your 14-day Challenge.