**Kettlebell or Dumbbell Tabata**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alternating Lunges</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>Goblet Squats</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>Hammer Curls</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>In &amp; Out Squats</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>Overhead Tricep Extensions</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>Renegade Rows</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>Shoulder Press</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>Squat &amp; Press</td>
<td>1</td>
<td>10 secs</td>
</tr>
</tbody>
</table>

**Bodyweight Tabata Workout**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burpees</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>Froggers</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>High Knees</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>Knee Tuck &amp; Plank Jack</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>Mountain Climbers</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>Speed Skaters</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>Squat Jump Turns</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>Tuck Jumps</td>
<td>1</td>
<td>10 secs</td>
</tr>
<tr>
<td>Striking</td>
<td>20 sec Rounds</td>
<td>Rest in between Rounds</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
<td>---------------</td>
<td>--------------------------------------</td>
</tr>
<tr>
<td>Jab, Cross, Hook, Right Roundhouse</td>
<td>4</td>
<td>10 secs in between each round</td>
</tr>
<tr>
<td>Southpaw Stance - Jab, Cross, Hook, Left Roundhouse</td>
<td>4</td>
<td>10 secs in between each round</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 minute before attempting second Tabata Interval</td>
</tr>
<tr>
<td>Jab, Russian-Right-Hook, Russian-Left-Hook, Knee</td>
<td>4</td>
<td>10 secs in between each round</td>
</tr>
<tr>
<td>Left Front Kick, Left Low Roundhouse, Right Cross, Left Hook, Sprawl</td>
<td>4</td>
<td>10 secs in between each round</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MMA</th>
<th>20 sec Rounds</th>
<th>Rest in between rounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Left Front Kick, Double Leg Takedown-Shoot, Sprawl, Double Leg Takedown Shoot</td>
<td>4</td>
<td>10 secs in between each round</td>
</tr>
<tr>
<td>Double Jab - Double Leg Takedown-Shoot, Sprawl, Double Leg Takedown-Shoot</td>
<td>4</td>
<td>10 secs in between each round</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 minute before attempting second Tabata Interval</td>
</tr>
<tr>
<td>Left Side Kick, Superman Jab, Clinch - 2 Knees</td>
<td>4</td>
<td>10 secs in between each round</td>
</tr>
<tr>
<td>Lay-Back/Shoulder Roll, Right Cross, Left Front Kick, Sprawl, Double Leg Takedown Shoot</td>
<td>4</td>
<td>10 secs in between each round</td>
</tr>
</tbody>
</table>