

**MCPTOTALFITNESS**  
MAXIMIZE. CONQUER. PREVAIL.

*Presents*

THE  
**TWO WEEK**  
TABATA  
**CHALLENGE**

# Welcome to the Two Week Tabata Challenge!

## Some Things to Remember:

- Each tabata is a total of 4 minutes, with 8 work intervals of 20 seconds and 8 rest intervals of 10 seconds. You'll complete each listed exercise twice – 2 rounds total.
- Your 20 seconds of work need to be INTENSE. This will look different for everybody, but in order for this to be effective, you must go all out.
- Because this workout is intended to be intense, make sure you warm-up before you begin. Jog in place, jump rope, stretch – do whatever you need to do to get loose, so you don't injure yourself as you go through the workout.
- This is not intended to be a stand-alone workout program. These quick tabata-style workouts are meant to supplement what you're already doing in your exercise regimen. **However**, if you're not currently exercising, this is a great way to get your foot in the door. Once you exercise for 4 minutes each day -- it will be that much easier to go for 10 minutes, 15 minutes, 30 minutes....etc. :)
- These workouts will not cancel out poor eating habits, at least when it comes to belly fat. You will still get stronger and improve your endurance, but if you're looking to burn belly fat quickly, you definitely need to have your nutrition in check.
- By no means do you need to do these workouts in this specific order, or at a particular time of day. I find them to be most effective for me right away in the morning, and/or as a finisher to my workouts. You can also alter any exercises you don't feel comfortable doing, or modify them as needed...but don't be afraid to challenge yourself!

# Day 1

Equipment Needed: *Timer, Jump Rope*

Train Like Rocky I	
<b>20 seconds</b>	<b>Jabs</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Uppercuts</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Jab/Uppercut Combo</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Jump Rope</b>
<i>10 seconds</i>	<i>Rest</i>
<b>Repeat x1</b>	

- Jabs – Feet, shoulder width apart. Alternate right and left jabs as quickly as possible. Keep elbows close to your body, core tight, and be careful not to over-extend.
- Uppercuts – Feet, shoulder width apart. Start with fists near your hips and punch up, toward the middle of your body, no higher than your chin. Alternate right and left as quickly as possible. Keep core tight throughout.
- Combo – Feet, shoulder width apart. Alternate L/R Jab, immediately followed by L/R Uppercut. Repeat until time expires.
- Jump Rope – Get as many jumps as possible. If you don't have a jump rope, jump at a similar pace or do line jumps.

## Day 2

Equipment Needed: *Timer*

Walking the Plank	
<b>20 seconds</b>	<b>Standard Plank</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Side Plank (R)</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Side Plank (L)</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Plank w/ Shoulder Tap</b>
<i>10 seconds</i>	<i>Rest</i>
<b>Repeat x1</b>	

- Standard Plank – Rest on elbows and tip-toes. Tighten your core, butt and legs to keep your body aligned. Everything should be in a straight line (see below).

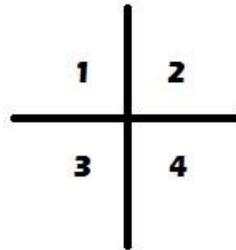


- Side Plank – Rest on elbow and side of your foot. Hold body up in a straight line. Do not allow your hip to sag.
- Plank w/ Shoulder Tap – Set up in a standard plank. Tap your right hand to your left shoulder, while maintaining the plank with your left arm. Alternate with each hand until time expires.

# Day 3

Equipment Needed: *Timer*

*Tape, two rolled up towels, your imagination – anything that makes a cross on the floor.*



Cross the Line	
<b>20 seconds</b>	<b>2 ft. Clockwise Jumps</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>2 ft. Diagonal Jumps</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>2 ft. Diagonal Jumps</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>2 ft. Counter-Clock Jumps</b>
<i>10 seconds</i>	<i>Rest</i>
<b>Repeat x1</b>	

- Clockwise - With both feet together, facing forward, jump from 1-2-4-3, and repeat until time expires.
- Diagonal – With both feet together, facing forward, jump from 3-2, and repeat until time expires.
- Diagonal -- With both feet together, facing forward, jump from 4-1, and repeat until time expires.
- Counter Clockwise – With both feet together, facing forward, jump from 1-3-4-2, and repeat until time expires.

# Day 4

Equipment Needed: *Timer*

Moving Mountains	
<b>20 seconds</b>	<b>Mountain Pushers</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Mountain Climbers</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Mountain Crossers</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Mountain Toppers</b>
<i>10 seconds</i>	<i>Rest</i>
<b>Repeat x1</b>	

- Mountain Pushers – Begin in a high plank position, resting on your hands and toes, with hands directly below your shoulders (see below). Drive your right knee up to your right elbow, followed by your left knee to your left elbow. Then, go down to an elbow plank position starting with the right arm, followed by the left. Push back up into the high plank starting with the right arm. Drive each knee up to the elbow, then go back down to an elbow plank, starting with the left arm. Push back up to high plank starting with the left arm. Repeat until time expires.



- Mountain Climbers – Begin in high plank position and alternate driving knees up to elbows as quickly as possible. Keep core tight and body straight throughout. Repeat until time expires.
- Mountain Crossers - Begin in high plank position and alternate driving knees up to opposite elbows as quickly as possible. Keep core tight and body straight throughout. Repeat until time expires.
- Mountain Toppers – Complete three mountain climbers (knee to elbow on each side = 1 mountain climber), jump feet up to hands, stand up, and jump. Go back down to high plank, and repeat until time expires.

# Day 5

Equipment Needed: *Timer*

You Don't Know Squat	
<b>20 seconds</b>	<b>Speed Air Squats</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Lateral Squats</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Jump Squats</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Sneaky Squat Shuffle</b>
<i>10 seconds</i>	<i>Rest</i>
<b>Repeat x1</b>	

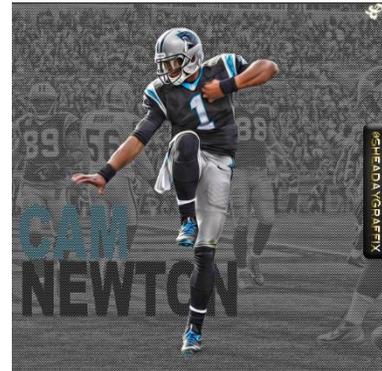
- Speed Air Squats – Stand with feet about shoulder width apart, with toes pointed slightly outward. Push your butt back like you're sitting in a chair, and go as low as you can (try to get your legs to at least a 90° angle), and push back up through your heels. Keep core tight throughout the movement. Repeat as quickly as possible until time expires.
- Lateral Squats – Stand with feet together. Facing forward, move right foot to the right, so feet are just slightly further than shoulder width apart and squat down. Push back up through heels and bring right foot back in so feet are together. Perform the same movement on the left side, and alternate until time expires.
- Jump Squats – Stand with feet about shoulder width apart, with toes pointed slightly outward. Perform squat movement. When pushing back up, explode up with a jump, and go back into the squat as you land. Repeat as quickly as possible until time expires.
- Sneaky Squat Shuffle – Start in the squat position and hold. While still squatting down and facing forward, take a lateral step to the right with your right foot, followed by the left. Take four steps to the right, and then move back to the left for another four steps. You want to complete the movements while staying in the squat position the entire time. Repeat until time expires.

# Day 6

Equipment Needed: *Timer*

Even Mathletes Can Be Athletes	
<b>20 seconds</b>	<b>High Knees</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Speed Skaters</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Heisman</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Get Low-Shuffle</b>
<i>10 seconds</i>	<i>Rest</i>
<b>Repeat x1</b>	

- High Knees – Run in place, bringing your knees up as high as possible.
- Speed Skaters – Start with feet together, facing forward. Step to the right with your right foot, your left leg should come behind your right leg (like a speed skater) while you touch the ground in front of your right foot, with your left hand. All of your weight will be on your right leg. Then perform the same movement to the left side. Repeat as quickly as possible until time expires.
- Heisman – This is like high knees, from side to side. Start with feet together and take two (high-knee) steps to the right. Plant on your right foot and pause briefly with your left leg held up (check out Cam Newton’s pose to the right). Move back to the left two steps and plant on your left leg. Repeat as quickly as possible until time expires.
- Get Low-Shuffle – These are like defensive slides in basketball. Determine how far you’re going to shuffle (15-20 feet is about right, but less space is fine, too), and mark with objects (dumbbells, cones, etc.) if you’d like, so you know when to go the other way. Start at one end of your workout area with knees bent so you’re just slightly higher than a squat position. Shuffle to the side until you reach the other side. Touch the ground with both hands when you reach the end point, and shuffle back to the other. Repeat as quickly as possible until time expires.



## Day 7

Equipment Needed: *Timer, Something to step on (chair, bench, stool, plyo box, etc.)*

Step It Up	
<b>20 seconds</b>	<b>Step-ups</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Side Step-ups (L)</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Speed Step Taps</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Side Step-ups (R)</b>
<i>10 seconds</i>	<i>Rest</i>
<b>Repeat x1</b>	

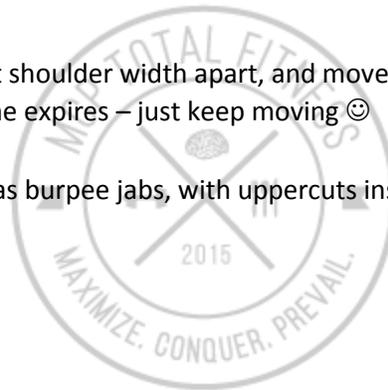
- Step-ups – Step onto chair with right foot, and drive up, bringing left foot onto chair as well. Step back down with left foot. Alternate stepping up on each side until time expires.
- Side Step-up - Stand with left side facing chair. Step sideways with left foot and drive up. Come back down with right foot, and repeat all on the left side until time expires. Turn the other way for the right side.
- Speed Step Taps – Start with left foot on the ground and right foot on the step. Switch foot positions as quickly as possible (jump and switch simultaneously, if possible, or bring right foot down and bring left foot up immediately after). The foot that comes up will only tap the step, there's no actual stepping, just quickly switching the feet. Repeat as quickly as possible until time expires.

# Day 8

Equipment Needed: *Timer, Jump Rope*

Train Like Rocky II	
<b>20 seconds</b>	<b>Burpee Jabs</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Quick Feet</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Burpee Uppercuts</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Jump Rope</b>
<i>10 seconds</i>	<i>Rest</i>
<b>Repeat x1</b>	

- Burpee Jabs - Start with one jab on each side. Squat down, and touch both hands to the floor. Kick (or step) feet back into a high plank position. Bring feet back to hands and stand up. Repeat until time expires.
- Quick Feet – Start with feet shoulder width apart, and move them up and down in place as quickly as possible until time expires – just keep moving 😊
- Burpee Uppercuts – Same as burpee jabs, with uppercuts instead.



# Day 9

Equipment Needed: *Timer*

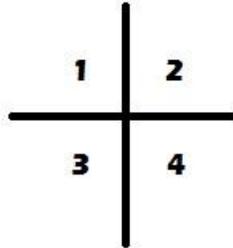
Planking is Still Cool	
<b>20 seconds</b>	<b>Standard Plank</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Plank Push-up</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Knee to Elbow Plank</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Uneven Plank</b>
<i>10 seconds</i>	<i>Rest</i>
<b>Repeat x1</b>	

- Standard Plank – Rest on elbows and tip-toes. Tighten your core, butt and legs to keep your body aligned. Everything should be in a straight line.
- Plank Push-up - Begin in a high plank position, resting on your hands and toes, with hands directly below your shoulders. Go down to an elbow plank position starting with the right arm, followed by the left. Push back up into the high plank starting with the right arm. Then go back down to an elbow plank, starting with the left arm, and pushing back up starting with the left. Repeat, alternating sides, as quickly as possible until time expires.
- Knee to Elbow Plank – Get in a standard plank position and, while holding this position, drive right knee up to the right elbow, followed by the left knee up to the left elbow. Repeat, alternating sides, until time expires.
- Uneven plank – Start in a standard plank position on your elbows. Move your right arm out to the side like you're doing a push-up, while keeping left arm in the plank position. Complete the motion like (half) push-up, and go back to plank position with both elbows. Perform the same movement to the other side. Alternate sides as quickly as possible until time expires.

# Day 10

Equipment Needed: *Timer*

Tape, two rolled up towels, your imagination – anything that makes a cross on the floor.



Criss-Cross – Hot Sauce	
<b>20 seconds</b>	<b>2 ft. Z-pattern</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>2 ft. N-pattern</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>1 ft. Z-pattern</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>1 ft. N-pattern</b>
<i>10 seconds</i>	<i>Rest</i>
<b>Repeat x1</b>	

- Z pattern – Jump with 2 feet from 1-2-3-4 as quickly as possible until time expires. Do the same with 1 foot for 3<sup>rd</sup> interval.
- N pattern – Jump with 2 feet from 3-1-4-2 as quickly as possible until time expires. Do the same with 1 foot for 4<sup>th</sup> interval.

# Day 11

Equipment Needed: *Timer, Jump Rope*

Jump Around	
<b>20 seconds</b>	<b>Jump Squats</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Jump Rope</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Jump Lunges</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Jumping Jacks</b>
<i>10 seconds</i>	<i>Rest</i>
<b>Repeat x1</b>	

- Jump Squats – Stand with feet about shoulder width apart, with toes pointed slightly outward. Perform squat movement. When pushing back up, explode up with a jump, and go back into the squat as you land. Repeat as quickly as possible until time expires.
- Jump Lunges – Start in a lunge position with right foot forward (see below – without weights). Jump up and switch the position of the feet so you come end up in a lunge position with your left foot forward. If you're not able to jump yet, you can also do alternating forward lunges and switch your feet this way.



# Day 12

Equipment Needed: *Timer*

Lunging Around	
20 seconds	Jump Lunges
10 seconds	Rest
20 seconds	Alt. Side Lunges
10 seconds	Rest
20 seconds	Alt. Pendulum Lunges
10 seconds	Rest
20 seconds	Walking Lunges
10 seconds	Rest
Repeat x1	

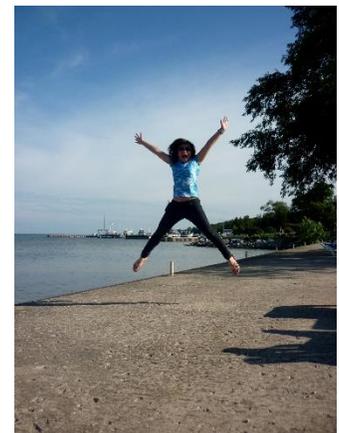
- Jump Lunges - Start in a lunge position with right foot forward (see below – without weights). Jump up and switch the position of the feet so you come end up in a lunge position with your left foot forward. If you're not able to jump yet, you can also do alternating forward lunges and switch your feet this way.
- Alternating Side Lunges – Start with feet together. Step out to the right until you're in a side lunge position with your left leg straight, and your right leg slightly above a 90° angle. Drive off your right foot back to starting position. Perform the same movement on the left side and repeat, alternating sides, until time expires.
- Alternating Pendulum Lunges – Start with feet together. Step back with right foot into a reverse lunge position. Drive off right foot and step forward, past starting position, into a forward lunge position. Drive off right foot back to starting position. Repeat on the left side, and alternate sides until time expires. \*\*If you need to pause at the starting position when going from reverse to forward lunge, that's OK. This is tough one that takes good balance, and some practice.
- Walking Lunges – Start with feet together, and step forward with right foot to a lunge position. Drive of your left foot to step forward into a lunge on the left side. With each step, you'll be in a lunge position on alternating sides. Take four steps (lunges), and turn around to come back the other way (depending on how much room you have).

# Day 13

Equipment Needed: *Timer*

Tabata Olympics	
<b>20 seconds</b>	<b>Speed Skaters</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>2 ft. Slalom Jump</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Sumo Walk</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Star Jumps</b>
<i>10 seconds</i>	<i>Rest</i>
<b>Repeat x1</b>	

- Speed Skaters - Start with feet together, facing forward. Step to the right with your right foot, your left leg should come behind your right leg (like a speed skater) while you touch the ground in front of your right foot, with your left hand. All of your weight will be on your right leg. Then perform the same movement to the left side. Repeat as quickly as possible until time expires.
- Slalom Jump – With feet together, jump in a zig zag pattern. The more advanced you are, the further apart your jumps should be. Use any type of marker to show where you're trying to jump to. Tape, cones, anything at all.
- Sumo Walk – Start with feet wider than shoulder width...as wide as you can get them, with toes pointed outward. Squat down, like a sumo wrestler, and take four big steps forward while holding this position, then four steps back. Repeat as quickly as possible until time expires.
- Star Jump – Start with feet together and squat down. Drive off both feet to jump as high as possible. Bring your arms and legs out (like the excited woman to the right) to make a star shape – because you're a star – and land as softly as possible. Perform as many reps as possible until time expires.



## Day 14

Equipment Needed: *Timer, Any type of object – dumbbell, child, med ball, etc.*

Clean-up the Misc.	
<b>20 seconds</b>	<b>Put Aways (R)</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Burpees</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Put Aways (L)</b>
<i>10 seconds</i>	<i>Rest</i>
<b>20 seconds</b>	<b>Mountain Climbers</b>
<i>10 seconds</i>	<i>Rest</i>
<b>Repeat x1</b>	

- Put Aways – Holding an object (preferably somewhat heavy), start with feet together and perform a side lunge to the right, holding the object by your right foot (like you're picking it up off the floor). Drive off your right foot to the starting position, and move object diagonally across your body to up above your head on the left side (like you're putting the object away on a high shelf). Repeat as many reps as possible until time expires. Perform same movement on the opposite side for the 3<sup>rd</sup> interval.
- Burpees – Start with feet shoulder width apart. Squat down, and touch both hands to the floor. Kick (or step) feet back into a high plank position. Bring feet back to hands, stand up, and jump. Repeat until time expires. \*\*If you're more advanced, do a pushup once you're back in the plank position.
- Mountain Climbers – Begin in high plank position and alternate driving knees up to elbows as quickly as possible. Keep core tight and body straight throughout. Repeat until time expires.

**You did it!! Two Week Tabata Challenge: COMPLETE!**