

# Fit Bit Friday 184

## The 21-Minute Total Body Tabata Workout

\*\*\*Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.\*\*\*

**Description:** Do the first of the 8 exercises below for 20s, rest for a very quick 10 seconds, then get straight into the next one. It will take you 4 minutes to complete the first round (that's 8 exercises for 20s each, plus 10s quick rest after each one), and it should feel TOUGH! Focus on trying to achieve as many reps as you can, but be sure to always pay attention to form - poor form means poor results! For your dumbbell choice, use a pair that's heavy enough to make the last 5 seconds of reps hard, but still doable with good technique. If you need to have a few different weights, or drop to lighter ones as you progress to the next round, that's a-ok.

After you've done your first round of 8 exercises, recover as deep as you can for 3 minutes. Drink some water, keep your body moving gently, and do whatever you need to do to get your heart rate back down. Then repeat the same thing again 2 more times for a total of 21 minutes.

Remember: the 20s work phases are MAX efforts. Make yourself proud!

What to Do	Reps/ Time
<b>Dumbbell cleans</b> - Place dumbbells down by your ankles, feet shoulder-width apart. Squat down and pick up the dumbbells with an overhand grip, pulling them right up to your shoulders as you stand (like you're pulling up blankets over your body.) Squat down to lower, then repeat.	20s
<b>Quick rest</b>	10s
<b>Dumbbell squats with overhead press</b> - Stand with feet just outside shoulder width apart, dumbbells held close to your shoulders. Squat down, and as you rise, push the dumbbells overhead. Lower and repeat.	20s
<b>Quick rest</b>	10s
<b>Bent-over dumbbell rows with deadlift</b> - Stand with feet shoulder width apart, dumbbells grasped with overhand grip and arms hanging in front of you. Keeping the spine tall and hinging from the hips, row the right dumbbell to your ribcage and back down, then do the same on the left. Then, lower the dumbbells down to the floor together keeping core, back, legs and glutes engaged (this is the deadlift), and rise. Repeat.	20s
<b>Quick rest</b>	10s
<b>Dumbbell upright rows</b> - Stand with feet shoulder width apart, dumbbells grasped with overhand grip and arms hanging in front of you. Pull the dumbbells up to your chin, elbows pointing out to the sides. Lower and repeat.	20s
<b>Quick rest</b>	10s
<b>Dumbbell reverse lunges</b> - Stand with dumbbells in your hands, either at your sides or near your shoulders. Lunge back with one leg, then step it forward again. Repeat on the other side and continue alternating.	20s
<b>Quick rest</b>	10s
<b>Squat kicks</b> - Hold dumbbells near shoulders and take a stance just outside shoulder width. Squat, keeping dumbbells still, and as you rise, kick one leg straight forward. Lower it back down as you squat again, then do the same on the other side, alternating kicking legs with each squat.	20s
<b>Quick rest</b>	10s
<b>Burpees</b>	20s
<b>Quick rest</b>	10s
<b>High knees</b> - Run on the spot as fast as you can, driving your knees up to your chest.	20s
<b>Recover deep for 3 minutes, then go again!</b>	3 mins
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