






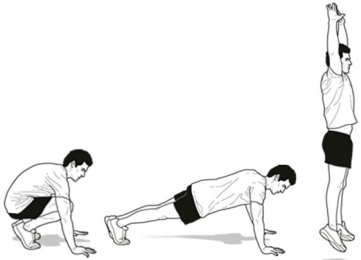







Festive Five Holiday Guide

The perfect holiday workout is this 4-minute workout, known as *Tabata*. No equipment is needed so you have no excuse to not give it a try! Tabata operates on 20 seconds “on” and 10 seconds “off” for 8 repetitions. If you can only squeeze in 4 minutes, try one set of Tabata; if you can do more, add more!

Tabata 1 Full body	20 s jumping jacks  x8 10 s rest Tip: Try to do one more rep with each round.
Tabata 2 Lower body	20 s alternating backward lunge  x8 10 s rest  <p>Step your right foot back, coming into a full lunge before returning to standing, then repeat on the other side.</p>
Tabata 3 Core	20 s elbow plank  x8 10 s rest Balance in plank position with elbows directly under shoulders and abs pulling into spine. 
Tabata 4 Core	20 s walking plank  x8 10 s rest  <p>Start in elbow plank position (see Tabata 3). Extend your left arm all the way up, then your right arm up so that you are in a “tall” plank position. Bend your left elbow down, then right elbow down so that you are back to elbow plank position.</p>

<p>Tabata 5 Full body</p>	<p>20 s burpee 10 s rest</p>	<p>] x8</p> <p>Jump straight up, landing in a squat; jump legs out into a plank; jump back to squat; jump straight up. Tip: For an extra challenge, add a push up when you are in a plank position.</p> 
<p>Tabata 6 Lower body</p>	<p>20 s side skate 10 s rest</p>	<p>] x8</p> <p>Start in a partial squat (not too far down to the ground); jump sideways to the right landing on your right leg, then left; reverse direction by jumping to the left with left leg. Keep alternating sideways jumps.</p>
<p>Tabata 7 Upper body</p>	<p>20 s tricep dips 10 s rest</p>	<p>] x8</p> <p>Stand in front of a table with your palms firmly against the edge of the table. Walk your feet out so that your knees are slightly bent. Lower your body and bend your elbows. Tip: Do not let your elbows push out to the side. To make it harder, walk your feet out further so that your legs are extended.</p> 
<p>Tabata 8 Upper body</p>	<p>20 s reverse planks 10 s rest</p>	<p>] x8</p> <p>Sit with hands on the ground behind your pelvis with fingers facing in (toward your toes). Lift pelvis as high as you can, straighten legs, and balance on your heels.</p> 
<p>Tabata 9 Back</p>	<p>20 s superman 10 s rest</p>	<p>] x8</p> <p>Lie prone, lift arms, legs, and head off the ground and hold the position.</p> 
<p>Tabata 10 Back</p>	<p>20 s pilates swimming 10 s rest</p>	<p>] x8</p> <p>Lie prone with arms reaching overhead. Lift your head off floor and raise your right arm and left leg, lower them, and switch sides. Continue alternating sides.</p>

Source: <http://www.popsugar.com/>

