

STAY SAFE. STAY HEALTHY.

MOVE TOWARD A STRONGER IMMUNE SYSTEM

Physical activity is a good way to keep your immune system active, healthy, and in shape. If you're staying home, you'll want to continue your exercise routine. Shifting from the gym to home doesn't have to feel overwhelming. This 4-minute workout, known as *Tabata*, is perfect. No equipment is needed, and it's quick and effective, so give it a try!

Tabata is based 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!

A Tabata Workout That You Can Do At Home



TABATA 1 – FULL BODY

20 s jumping jacks] x8
10 s rest

Try to do one more rep with each round.



TABATA 2 – LOWER BODY

20 s alternating backward lunges] x8
10 s rest

Step your right foot back, coming into a full lunge before returning to standing. Repeat on the other side.



TABATA 3 – CORE

20 s elbow planks] x8
10 s rest

Balance in the plank position with elbows directly under shoulders and abs pulling into the spine.



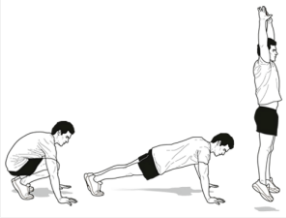
TABATA 4 - CORE

20 s walking planks] x8
10 s rest

Start in the elbow plank position (see Tabata 3). Extend your left arm 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.

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TABATA 5 – FULL BODY

20 s burpees
10 s rest] x8

Jump straight up, landing in a squat. Jump legs out into a plank. Jump back to squat. Jump straight up. For an extra challenge, add a push up when you are in a plank position.



TABATA 6 – LOWER BODY

20 s side skates
10 s rest] x8

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 the direction and keep alternating.



TABATA 7 – UPPER BODY

20 s tricep dips
10 s rest] x8

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. 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.



TABATA 8 – UPPER BODY

20 s reverse planks
10 s rest] x8

Sit with hands on the ground behind your pelvis and fingers facing in toward your toes. Lift the pelvis as high as you can, straighten legs, and balance on your heels.



TABATA 9 - BACK

20 s superman
10 s rest] x8

Lie prone. Lift arms, legs, and head off the ground and hold the position.



TABATA 10 - BACK

20 s pilates swimming
10 s rest] x8

Lie prone with arms reaching overhead. Lift your head off the floor and raise your right arm and left leg, lower them, and switch sides. Continue alternating sides.

Note: We advise that you consult with a health care practitioner prior to beginning any new exercise program.