

HealthChicChatter

Eat Pray Lift

BODYWEIGHT TABATA



20 seconds work | 10 seconds rest | 8 rounds total

HOW TO USE THIS SHEET

Choose one Tabata. Perform Move 1 for 20 seconds, rest 10 seconds, then Move 2, Move 3, and Move 4. Repeat the same four moves once more for 8 work intervals total (4 minutes). Move with control and choose the version that fits your body today.

TABATA 1 | Cardio + Upper Body

- 1 **Jumping Jacks**
- 2 **Push-Ups**
- 3 **Heisman Shuffle**
- 4 **Mountain Climbers**

OPTIONS + MODIFICATIONS

Jumping Jacks: step one foot out at a time. Push-Ups: use a wall, sturdy counter/bench, couch, chair, knees, or floor; change the tempo for variety. Heisman Shuffle: step-step-hold, then travel laterally to the other side. Mountain Climbers: use the floor or elevate hands on a sturdy bench/counter.

TABATA 2 | Legs + Triceps

- 1 **Pop (Tap) Squats**
- 2 **Seated or Floor Tricep Dips**
- 3 **Reverse Lunge to Knee Drive - Right**
- 4 **Reverse Lunge to Knee Drive - Left**

OPTIONS + MODIFICATIONS

Pop Squats: tap the floor only if comfortable; choose a step-out squat for low impact. Tricep Dips: use the floor or a stable, non-rolling seat; keep the range comfortable. Lunges: shorten the range, slow the tempo, or omit the knee drive as needed.

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Two more no-equipment combinations + a quick safety check

TABATA 3 | Core + Push + Speed

- 1 Alternating Side T Plank
- 2 Superman (Floor)
- 3 Push-Ups
- 4 Fast Feet

OPTIONS + MODIFICATIONS

Side T Plank: rotate from a high plank with a controlled reach; drop a knee or use an elevated surface to reduce load. Superman: lift only as high as feels comfortable and keep the neck long. Push-Ups: wall-to-floor options all work. Fast Feet: replace the run with a quick march or side-to-side tap.

TABATA 4 | Total Body, No Equipment

- 1 Squat to Calf Raise
- 2 Alternating Reverse Lunges
- 3 Plank Shoulder Taps
- 4 Skater Step or Skater Hop

OPTIONS + MODIFICATIONS

Squat to Calf Raise: use a comfortable squat depth. Reverse Lunges: step back only as far as you can control. Shoulder Taps: widen the feet, drop to knees, or use a stable elevated surface. Skaters: step side to side for low impact; add a hop only if it feels good.

BEFORE YOU PRESS START

Warm up first and cool down gradually. Choose low-impact or elevated versions whenever needed. Stop if a movement causes pain, dizziness, numbness, or unusual discomfort. If you have a health condition, injury, are pregnant/postpartum, or are unsure whether vigorous intervals are appropriate for you, check with a qualified healthcare professional.