



TABATA BODYWEIGHT BLASTERS

GET SHREDDED USING
4-MINUTE
FAT BURNING
HIGH INTENSITY
WORKOUTS

30 TABATA CIRCUITS WITH **ZERO** EQUIPMENT

BROUGHT TO YOU BY FUNK ROBERTS FITNESS





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TABATA BODYWEIGHT BLASTERS



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INTRODUCTION

I LOVE TABATA'S!

Why?

Because it's an amazing super high intensity anaerobic workout that take very little time (4 minutes) and burn 9X more fat than regular slow boring cardio.

The Tabata Workout was invented by Dr. Izumi Tabata in Tokyo, Japan and there have been countless research studies that have been done to improve it's effectiveness.

The basic principle is this: A Tabata interval is 20 seconds of work followed by 10 seconds of rest. Eight intervals of one exercise must be completed before moving on to the next.

Sound easy? Not! This is "High-intensity" and not for the weak at heart.

This cardio interval training method is an intense and quick workout routine but very effective. The entire exercise lasts only about 4 minutes if you do it correctly. The rest period can be complete rest or a less intense pace.

The key to getting the maximum benefit of these circuits is to perform as many reps as possible at high intensity for the 20 seconds.

Sometime between rounds six and eight the body reaches maximum oxygen intake, so prepare for trembling muscles and burning lungs. On the bright side, working the aerobic and anaerobic pathways fires up the "afterburn effect," so you'll be burning calories long after you are done.

Tabata's are great way to get a very intense workout in a very short period of time.

I'm sure you'll feel like twenty seconds has never felt so long, 10 seconds never so short and four minutes never so painful!

One of the hardest aspects of doing a Tabata workout is staying focused for the whole four minutes. It only takes 6 to 8 very hard 20 second intervals with 10 second rest periods to substantially improve both your aerobic and anaerobic capacity.

I use this protocol with many exercises: pushups, abs exercises, pull-ups, squats, plyometrics, you name it. If time is an issue, then try this next time you are at home, outside or in the gym.

I created this program to give you workouts that you can fit into your busy schedule. And



TABATA BODYWEIGHT BLASTERS



because there are bodyweight only circuits you can do then anywhere, anytime.

You can use these workouts as warm ups, in between sets or as a finisher after your training session or main workout.

These quick, intense circuits will test your limits. You can get a killer workout done in a short amount of time.

Time to say adios to that ineffective long boring cardio sessions - forever!

Get It Done!



TIPS BEFORE YOU START THE TABATA PROGRAM

1. Ensure that you **warm up with a calisthenics warm up and dynamic stretch** before every tabata workout session.



CLICK BELOW FOR VIDEOS

Warm Up: <https://www.youtube.com/watch?v=g04Nz18FqkA>

Dynamic Stretch: <https://www.youtube.com/watch?v=xbOxmQRi7fM>

2. Ensure that you **stretch after your workout session.**



CLICK LINK FOR POST WORKOUT STRETCH

<https://www.youtube.com/watch?v=2wMSSupoCI8>

3. Use a **Foam Roller** to help loosen the fascia prior to or after your workouts.



CLICK LINK FOR FOAM ROLLING DEMO

<https://www.youtube.com/watch?v=za2t238RtCY>

4. The great thing about these tabata workouts is that you can **use them as warm ups, your main training or finishers** after you regular training.

5. Do NOT attempt any exercises that you aren't sure how to do. You can find most of these exercises on the web, if you are not sure of the movement.

6. **Drink a ton of water** before, during and after your workout session. Stay away from sports drinks until after you've finished a Tabata Circuit.

7. You must have some level of fitness before attempting these Tabata circuits.

8. Always use **good form and technique** with each exercise. If you get fatigued take a



quick breather so you can get back to good form. Do not sacrifice time for technique. **Do it right** to get the best results.

9. If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.

10. **If it hurts, STOP!** Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality...that said

11. These are **challenging workouts**. You shouldn't do it unless you are already in great shape.

12. Clean nutrition and good eating habits is the key to increasing your energy, building muscle, burning fat, improving strength, decreasing inflammation and chances of injury.

Download these Done For You or Do It Yourself Nutrition Plans for Spartan Warriors:

<http://funkstmealplans.com/spartannutrition/>

Timed Sets and Rest Breaks:



I highly recommend the use of a Gym Boss Timer for doing timed sets. It's a totally awesome gadget, easy to use and it's relatively inexpensive. **You can order online here at [GYMBOSS TIMER](#)**

Or you can use your iPhone with set timer intervals. Whatever you choose, the **bottom line is you need to time your intervals AND rest breaks.**



TABATA WORKOUTS

SINGLE TABATA EXERCISES

These Tabata workouts are 4 minutes long using one exercise. The key to maximizing your results using Tabata is performing each interval at maximum intensity

Here are some of my favourite exercises to use with the 20-10 Tabata Protocol that you can use as Finishers after your main training session. You can also spread a couple of them these over the week as well.

UPPER BODY

Push Ups (all variations)
 Chip Ups
 Pull Ups
 Inverted Rows
 Pike Push Ups
 Dips

LOWER BODY

Squats (All Variations)
 Lunges (all variations)
 Glutes Bridge

ABS AND CORE

Bicycle Crunches
 Hip Bridges
 Knee Grabs
 Plank Builds
 Russian Twists
 Planks
 Side Plank
 V-Ups
 Leg Raises (all variations)

CARDIO/ ANAEROBIC/ AEROBIC

Sprints (Treadmill, Hills, Beach, Stairs, etc)
 Bike Sprints
 Jumping Jacks (all Variations)
 Burpees (all Variations)
 Sprawls
 Skater Hops
 Kick Ups
 High Knee Sprints
 Tuck Jumps
 Mountain Climbers
 Side-to-Side Hops
 Burpee Pull Ups

TABATA DUELING DUOS CIRCUITS

I call these circuits “**Dueling Duos**” because you will perform two exercises within the 4 minute Tabata round.

With these circuits you will perform 2 different exercises within the 4 minutes switching back and forth.

You will perform each exercise 4 times in total.

Each exercise you will perform for 20 seconds with a 10 second rest after. After the 4



minutes are up you are done or you can rest for 1 minute and start on another Dynamic

Below are some workouts that you can perform that target the upper body, lower body and full body. *NOTE: you can also use single limb exercises as well*

UPPER BODY

Workout #1

- 1a) Push Ups
- 1b) Chin Ups

Workout #2

- 1a) Wide Grip Push Ups
- 2b) Pull Ups

Workout #3

- 1a) Close Neutral Grip Chin Ups
- 2b) Close Grip Push Ups

Workout #4

- 1a) Pike Push Ups
- 1b) Inverted Rows

Workout #5

- 1a) Divebombers
- 1b) BW Renegade Rows

Workout #6

- 1a) Speed Bent Over Rows
- 1b) Hindu Push Ups

Workout #7

- 1a) Dips
- 1b) Inverted Chin Up Rows

Workout #8

- 1a) Plyo Push Ups
- 1b) Superman

LOWER BODY

Workout #1

- 1a) Bodyweight (BW) Squat
- 1b) BW Forward Lunge

Workout #2

- 1a) Sumo Squats
- 1b) Reverse Lunge

Workout #3

- 1a) Side to Side Lunges
- 1b) Prisoner Squat

Workout #4

- 1a) Side Step Squats
- 1b) Meet The Queen Lunges (Step Behind Cross Over Lunges)

Workout #5

- 1a) Prisoner Squats
- 1b) Front Lunge Toe Touch

Workout #6

- 1a) Jump Squats
- 1b) Jumping Lunges

Workout #7

- 1a) Plyo Sump Squats
- 1b) Cross Body Front Lunges

Workout #8

- 1a) Alternating Reverse Lunge to Knee
- 1b) Squat to Alternating Front Kicks



FULL BODY CARDIO

Workout #1

- 1a) Burpees
- 1b) Mountain Climbers

Workout #2

- 1a) Sprawls
- 1b) Alternating Knee Strikes

Workout #3

- 1a) Skater Hops
- 1b) Everest Climbers

Workout #4

- 1a) Burpee Thrusters
- 1b) High Knees Sprints

Workout #5

- 1a) Jumping Jacks
- 1b) Speed Climbers

Workout #6

- 1a) Kick Ups
- 1b) Wide Leg Runs

Workout #7

- 1a) Crouching Tuck Jumps
- 1b) Speed Jacks

Workout #8

- 1a) Air Straddle Burpees
- 1b) Bunny Hop Burpees

SINGLE LIMB

Workout #1

- 1a) Stationary Lunge Right
- 1b) Stationary Lunge Left

Workout #2

- 1a) Forward and Reverse Lunge (R)
- 1b) Forward and Reverse Lunge (L)

Workout #3

- 1a) Pistol Squats R
- 1b) Pistol Squats L

Workout #4

- 1a) One Arm Burpees (Right)
- 1b) One Arm Burpee (Left)

Workout #5

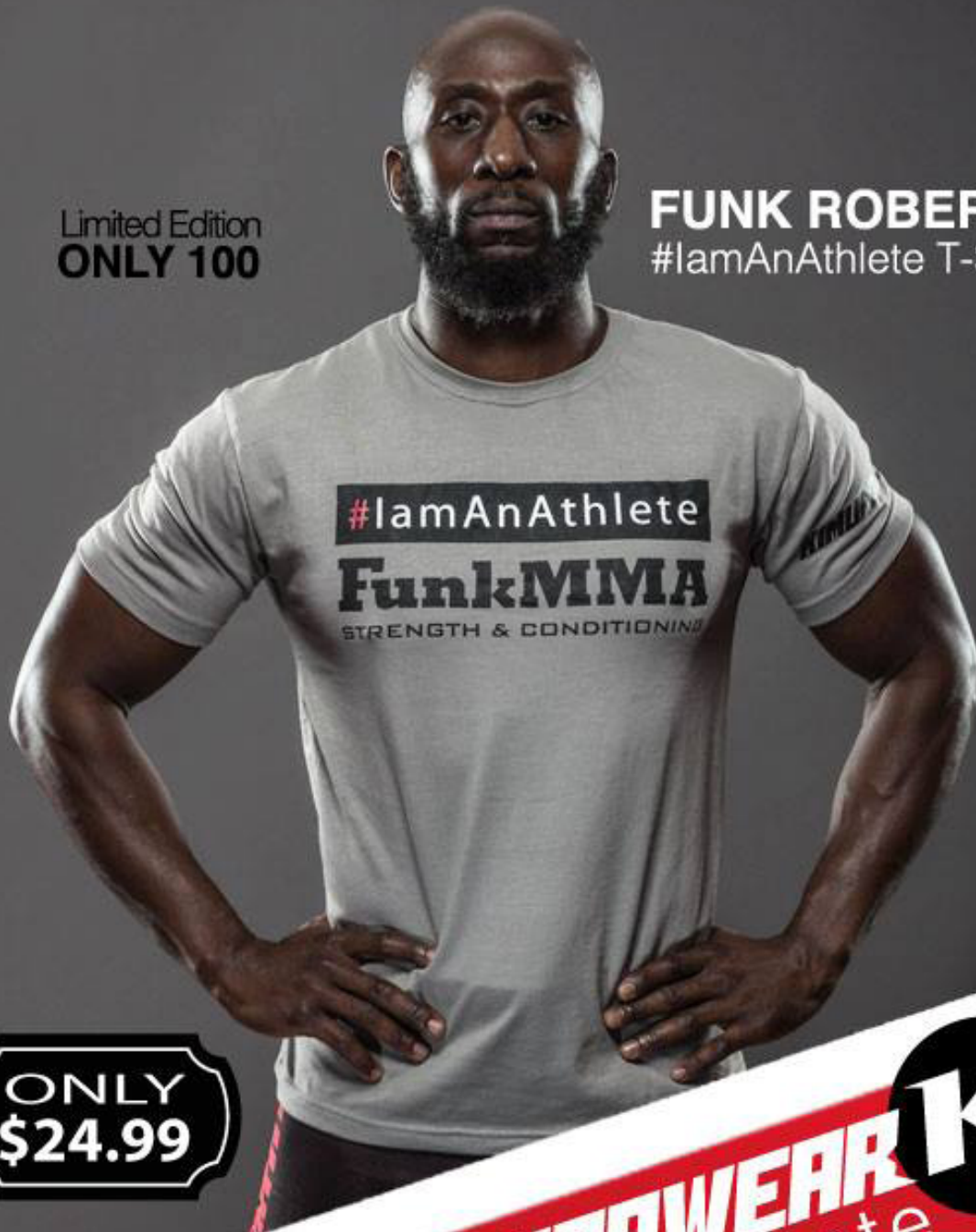
- 1a) Off Set Push Ups (right)
- 1b) Off Set Push Ups (left)

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TABATA DYNAMIC DUOS

These Tabata intervals are to be complete on after the other using two exercises. So you will perform the first eight 20-10 intervals with exercise 1a) and perform the second tabata interval with exercise 1b)

You will end up completing 8 minutes of training, instead of the 4 minutes with the traditional tabata protocol. Take a 1-minute break in between exercises.

This is a circuit to use as a finisher or at the end of your body part specific workout.

Workout #1

- 1a) Push Ups
 - Perform high intensity for 20 seconds, rest for 10 seconds x 8
- 1b) Burpees
 - Perform high intensity for 20 seconds, rest for 10 seconds x 8

Workout #2

- 1a) Plyo Push Ups
- 1b) Squat Jumps

Workout #3

- 1a) Burpee Thrusters
- 1b) Jumping Lunges

Workout #4

- 1a) Explosive Jumping Jacks
- 1b) Reverse Mountain Climbers

Workout #5

- 1a) Side-to-Side Push Ups
- 1b) Wide Leg Sprints

Workout #6

- 1a) Table Top Hip Thrusts
- 1b) Bear Crawls

Workout #7

- 1a) Hindu Push Ups
- 1b) Hindu Squats

Workout #8

- 1a) Alternating Front Arm Raise Push Ups
- 1b) Alt Reverse Lunges



TABATA CORE DYNAMIC DUOS WORKOUTS

Workout #1

- 1a) Hip Raises
- 1b) Plank

Workout #2

- 1a) Leg Raises
- 1b) Plank Body Raise

Workout #3

- 1a) Flutter Kicks
- 1b) Plank Build (Plank to Push Ups)

Workout #4

- 1a) Alternating Side Planks
- 1b) Abs Bicycle Crunches

Workout #5

- 1a) Abs In and Outs
- 1b) Floor Wipers

Workout #6

- 1a) Seated Bicycles
- 1b) Lying Abs Circles

Workout #7

- 1a) Spiderman Plank
- 1b) Russian Twists

Workout #8

- 1a) Buzzsaw Planks
- 1b) Scissor Kicks



TABATA 32 CIRCUITS

These are my favourite Tabata intervals and take a total of 16 minutes to complete (20 minutes with rest).

You will perform 8 rounds of 20-10 intervals of exercise 1a). After you are done, you will rest for 1 minute and move onto the next exercise and complete full 8 rounds of tabata.

These are full body circuits.

Workout #1 - Full Body

1. Burpees
2. Renegade Rows
3. Prisoner Squats
4. Chin Ups

Workout #2

1. Mountain Climbers
2. Alt Front Lunges
3. V-Ups
4. Burpees

Workout #3 - Lower Body

1. Jump Squats
2. RDL
3. Meet The Queens
4. Alternate Lunges

Workout #4 - Fit Butt Tabata Workout

1. Sumo Squats
2. Reverse Lunges
3. Air Squats
4. Front Kicks

Workout #5 - Upper Body Core

1. Walkouts
2. Hindu Push Ups
3. Push ups
4. Alternating Side Planks

Workout #6 - Tabata Cardio Conditioning

1. Burpees
2. Mountain Climbers
3. Tuck Jumps
4. Skipping or Jumping Jacks

Workout #7

1. Diamond Push Ups
2. Jumping Lunges
3. Plank Holds
4. Double Burpees (2 thrusts and 2 jumps)

Workout #8 - MMA

1. Judo Push Ups
2. Reverse Lunge to Knee Strike
3. Knee Grabs
4. Sprawls



MEET FUNK ROBERTS

AS SEEN ON: **NBC**



Funk Roberts, President and Owner of Funk Roberts Fitness, is a former Professional Beach Volleyball player turned Fitness trainer. Funk is an online fat loss expert that helps thousands of people worldwide burn unwanted fat while building lean muscle through his website, videos, articles, media and fitness products.



Funk is a Certified Metabolic Training Expert, Kettlebell Specialist, Mixed Martial Arts Conditioning Coach, Celebrity Fat Loss Expert and Personal Trainer. He was just named one of America's Premiere Experts and will be seen on ABC, NBC, CBS and Fox TV Affiliates in the summer of 2013.



Funk has been a featured trainer in a few fitness training DVD's and has produced his own online products such as, [Elite Strength and Conditioning for Combat Athletes](#), [Funk's 6 Week Jump Training Program](#) and the newly launched [Spartan Training System 10 Week Fat Loss Program](#).

Funk is passionate about helping people transform their body and educate them on how to lead a healthy lifestyle. His mission is to help 500,000 people by 2014 change their life's using fitness, nutrition and motivation.

His over 30 years of training, expertise, research and experience has made the difference in helping others change their lives for the better.

Funk has a following of over 40,000 subscribers to his websites, along with 36,000 YouTube subscribers and over 40,000 fans on Facebook and communicates with them on a daily to weekly basis.

He continues to learn and improve his skills so that he can supply the best information and contribute to the fitness community and help people make a difference in their lives.

At a young 44 years old, Funk is married and has 2 older children. His passion is training men, women, teens and athletes, helping people transform their lives, travelling and spending time with his wife and family.

HOW TO REACH FUNK ROBERTS



SOCIAL MEDIA

-  Funk Roberts Fitness Blog : <http://www.funkrobertsfitness.com>
-  MMA Strength & Conditioning Workouts : <http://www.funkmma.com>
-  YouTube : <http://www.youtube.com/user/marcoops?feature=mhee>
-  Facebook : <https://www.facebook.com/funkrobertsfitness>
-  Twitter : [@FunkMMA](https://twitter.com/FunkMMA)

OTHER PROGRAMS



Funk Roberts Spartan Training System 10 Week Program: <http://www.10weekfatloss.com>



Funk Flex Elite Strength and Conditioning for Combat Athletes: <http://www.funkflexmma workouts.com>



50 Shades of Burpees: <http://www.fiftyshadesofburpees.com>



Kettlebell For Fighters 6 Week Program: <http://kettlebellforfighters.com>



Gauntlet Workouts: <http://spartaworkouts.com/GauntletWorkouts.html>



Funk Flex Heavy Bag Conditioning Program: <http://www.funkflexheavybag.com>

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Funk 6-Week Jump Training Program: <http://www.funkjumptraining.com>



Beastmode Bodyweight 4-Week Program: <http://spartaworkouts.com/bodyweightforfighters.html>