



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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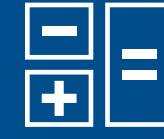
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## 8 MINUTE SQUAT & PUSH-UP TABATA WORKOUT FOR FAT LOSS

You can burn fat and get ripped in just 8 minutes with this high intensity Tabata circuit that combines push-ups and squats.

Link to Workout: <https://www.muscleandstrength.com/workouts/8-minute-squat-push-up-tabata>

**Main Goal:** Lose Fat

**Training Level:** Beginner

**Program Duration:** 6 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 8 Mins

**Equipment:** Bodyweight, Dumbbells

**Author:** Brad Borland

### Traditional Tabata Workout

Exercise	Duration
<b>Squats Circuit</b>	
<a href="#">Dumbbell Squat</a>	20 Secs
Rest	10 Secs
Rest	2 Mins
<b>Push Ups Circuits</b>	
<a href="#">Push Ups</a>	20 Secs
Rest	10 Secs
Alternate between 20 Secs of Squats w/ a moderate weight & 10 Secs of rest. Do 8 rounds adhering to this strict schedule for 4 Mins. Once complete, rest for 2 Mins and perform Push Ups in the same manner.	

### Alternating Tabata Workout

Exercise	Duration
<b>Squats &amp; Push Ups Circuit</b>	
<a href="#">Dumbbell Squat</a>	20 Secs
Rest	10 Secs
<a href="#">Push Ups</a>	20 Secs
Rest	10 Secs
Rest	2 - 3 Mins
Perform a set of Squats for 20 Secs, rest for 10 Secs, do a set of Push Ups for 20 Secs, rest for 10 Secs, and return to a set of squats. Alternate each movement for a total of 8 rounds (4 Mins). Once you've completed this circuit, rest for 2 to 3 Mins. Repeat the circuit for another 4 Mins.	

