



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



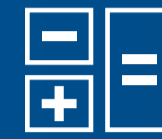
Diet Plans



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SHORT ON TIME?

TRY THIS TABATA WORKOUT FOR FAT LOSS

Is being short on time or traveling for work limiting your precious workout time? Fear no more! This Tabata Workout will burn fat in less than an hour!

Link to Workout: <https://www.muscleandstrength.com/workouts/tabata-workout-fat-loss>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 3 Days

Time Per Workout: 30 Mins

Equipment: Bodyweight, Dumbbells

Author: Charlotte Oldbury

Tabata Workout

Exercise	Sets	Reps
Air Squats	20 Secs of Work, 10 Secs Rest. Rock your weight from one foot to the other as you rest. Repeat for 4 Mins.	
Bicep Curls	20 Secs of Work, 10 Secs Rest. Repeat for 4 Mins.	
Jump Lunges	20 Secs of Work, 10 Secs Rest. Repeat for 4 Mins.	
Shoulder Press	20 Secs of Work, 10 Secs Rest. Repeat for 4 Mins.	
Bench Dips	20 Secs of Work, 10 Secs Rest. Repeat for 4 Mins.	
Bicycle Crunches	20 Secs of Work, 10 Secs Rest. Repeat for 4 Mins.	