**Healthwise Tabata workout (40mins)**

**(4min warm-up, 32min main component, 4 min cool down)**

**Equipment**

Dumbbells or food cans, floor matt or towel, weighted plate or football and a stopwatch.

**4 min warm up**

Pulse raising brisk walk, upper/lower body mobility exercises

**Main component (32mins)**

**8 exercises**

**20 seconds work, 10 seconds rest x 8 = 4 mins per exercise**

1 Squat to press (weighted plate or ball)

2 Russian twist or Torso twist (weighted plate or ball)

3 Dumbbell Lateral/Front raise

4 Dumbbell Front Lunge

5 Plank or Wall Plank

6 Dumbbell Bent over row

7 Dumbbell Punch out

8 Shuttle run or brisk walk

**4 min cool down**

Pulse lowering slow walk followed by upper/lower body static stretching.