

## The 5 Best Tabata Workout Plans (Newbie to Pro)

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### 10 Minute Tabata Workout for Beginners

If you're a beginner, you can start with this 10-minute Tabata workout. It will increase your endurance and aerobic fitness and keep you fit and active.

Since it is only 10 minutes workout, you can follow this workout every day.

- Number of rounds: 2
- Rest between rounds: 2 minutes
- Type of exercises: Bodyweight
- Recommended frequency: 7 days/week
- Estimated calories burned: 80-120

#### Round 1

Exercise	Work	Interval	Sets
Jumping Jacks	20-sec	10-sec	2
<a href="#">Mountain Climbers</a>	20-sec	10-sec	2
<a href="#">Squat Jump</a>	20-sec	10-sec	2
<a href="#">Push-Ups</a>	20-sec	10-sec	2

Perform exercises in a circuit or individually one at a time

#### Round 2

Exercise	Work	Interval	Sets
<a href="#">Burpees</a>	20-sec	10-sec	2
<a href="#">Crunches</a>	20-sec	10-sec	2
High Knees	20-sec	10-sec	2
Kneeling Jump	20-sec	10-sec	2

# 15 Minute Tabata Workout to Boost Your Endurance

This 15-minute Tabata workout is for those who have been working out for a while and want to keep themselves fit and energetic. Training at least 15 minutes a day is recommended by various studies, so you can also do this workout seven days a week.

## Summary

- Split your 15 minutes duration into three parts, 4 minutes each with 60 seconds of rest after the first part and 2 minutes of rest after the second part.
- Repeat each exercise twice at a ratio of 20-sec exercise/10-sec rest.
- Recommended frequency: 7 days/week
- Estimated calories burned: 120-160

## Part 1

Exercise	Activity	Rest
Mountain Climbing	20-sec	10-sec
<a href="#">Jumping Split Squat</a>	20-sec	10-sec
Pushups	20-sec	10-sec
<a href="#">Leg Raises</a>	20-sec	10-sec

## Part 2

Exercise	Activity	Rest
Burpees	20-sec	10-sec
Crunches	20-sec	10-sec
<a href="#">Front Box Jump</a>	20-sec	10-sec
Shoulder Tap	20-sec	10-sec

## Part 3

Exercise	Activity	Rest
Mountain Climbing	20-sec	10-sec
Squat Jump	20-sec	10-sec
<a href="#">Flutter Kick</a>	20-sec	10-sec
Pushups	20-sec	10-sec

# Full Body 20 Minute Tabata Workout For Intermediates

If you want to enhance your aerobic and [anaerobic fitness](#), [boost your metabolism](#), maintain or lose weight, and improve your body composition without spending hours in the gym, you can do this 20 minute workout routine.

You don't need any equipment to do this routine. It includes only bodyweight exercises, and you can do them in the corner of your home.

Since it is slightly challenging, so you can take one day off after three training days.

## Summary

- There will be 4 rounds of 4 minutes each, with one minute of rest after the first and second rounds and two minutes of rest after the third round.
- Repeat each exercise twice at a ratio of 20-sec work and 10-sec rest.
- Recommended frequency: 5-6 times/week
- Estimated calories burned: 220-300

## Round 1

Minute 1	Minute 2	Minute 3	Minute 4
Squat Jump	Crunches	Pushups	Flutter Kick

## Round 2

Minute 1	Minute 2	Minute 3	Minute 4
Mountain Climbing	High Knees	Pushups	Russian Twists

## Round 3

Minute 1	Minute 2	Minute 3	Minute 4
<a href="#">Kneeling Squat Jump</a>	<a href="#">Scissor Kicks</a>	Pushups	Split Lunge Jump

## Round 4

Minute 1	Minute 2	Minute 3	Minute 4
Mountain Climbing	High Knees	<a href="#">Shoulder Tap</a>	Bicycle Crunches

# 30 Minute Tabata Workout To Speed Up Fat Loss

If you're putting a lot of work into shedding some excess pounds but aren't getting the results you wanted, then you need to change something in your diet as well as workout.

Incorporating high protein low-calorie foods that fill up for a longer duration and an intense form of workout, such as Tabata, into your lifestyle, you'll be able to accelerate your weight loss.

Tabata is a high-intense workout training that helps burn plenty of calories in a short time and improves the key components of fitness, such as metabolism, VO2 max, endurance, and speed.

This 30 minute Tabata workout may increase your weight loss and help you achieve your best physique.

## Summary

- Number of rounds: 5
- Rest after the first and second rounds: 2 minutes
- Interval after the third and fourth rounds: 3 minutes
- Perform each exercise twice to complete a 1-minute workout at a ratio of 20-sec workout and 10-sec rest.
- Recommended frequency: 4-5 times/week
- Estimated calories burned: 280-350

## Round 1

Minute 1	Minute 2	Minute 3	Minute 4
Mountain Climbing	<a href="#">Burpee with a Tuck Jump</a>	Pushups	Russian Twists

## Round 2

Minute 1	Minute 2	Minute 3	Minute 4
<a href="#">Kneeling Squat Jump</a>	Scissor Kicks	Pushups	Split Lunge Jump

## Round 3

Minute 1	Minute 2	Minute 3	Minute 4
<a href="#">Single Leg Hop</a>	Box Jump	Shoulder Tap	Bicycle Crunches

## Round 4

Minute 1	Minute 2	Minute 3	Minute 4
Squat Jump	Pushup	Split Jump Squat	Squat Thrust

### Round 5

Minute 1	Minute 2	Minute 3	Minute 4
Mountain Climber	Scissor Kicks	Pushups	Shoulder Tap

## Advanced 45 Minute Tabata Workouts To Challenge Your Fitness Level

If you want to challenge your endurance, speed, and fitness level, you can try this 45-minute Tabata workout. It can be super intense but can also be super effective if you want to burn substantial calories and speed up weight loss.

Since it is a 45-minute long workout, so doing this three to four times a week would be sufficient.

### Summary

- Number of rounds: 7
- Rest after rounds:
  - First and second rounds: 2 minute
  - Third and fourth rounds: 3 minutes
  - Fifth and sixth rounds: 4 minutes
- Perform each exercise twice to complete a 1-minute workout at a ratio of 20-sec workout and 10-sec rest.
- Recommended frequency: 3-4 days/week
- Estimated calories burned: 500-600

Round	Minute 1	Minute 2	Minute 3	Minute 4
1	Jumping Jacks	Mountain Climbers	Kneeling Jump	Flutter Kick
2	Squat Jump	Push-Ups	Crunches	Shoulder Tap
3	Burpees	Shoulder Tap	Jumping Split Squat	Leg Raises
4	High Knees	Kneeling Jump	Jumping Jacks	Leg Raises
5	Front Box Jump	Bicycle Crunches	Shoulder Tap	Flutter Kick
6	Squat Jump	Mountain Climbers	Burpees	Crunches
7	Jumping Jacks	Push-Ups	Kneeling Jump	Shoulder Tap

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