Mindluster Platform

About the course Tabata HIIT workouts for beginners

Tabata HIIT workouts course, in this course you'll dive into the high-intensity world of Tabata training, a powerful workout method designed to maximize fat burn, build strength, and boost endurance in a short amount of time. The Tabata HIIT Workouts Course introduces you to the 4-minute Tabata protocol, where you'll alternate 20 seconds of intense exercise with 10 seconds of rest, repeated over 8 rounds. Youâ€™ll learn how to incorporate a variety of exercises targeting different muscle groups, from bodyweight movements like squats, push-ups, and burpees to cardio-based exercises that get your heart rate up fast. Weâ€™ll guide you through the benefits of Tabata, such as its efficiency in boosting metabolism and improving both aerobic and anaerobic fitness. Whether youâ€™re new to HIIT or looking for a more challenging routine, this course offers modifications for all fitness levels. By the end of the course, youâ€™ll have a range of Tabata workouts that can be done anywhere, requiring minimal equipment, making it easy to fit into any busy schedule. Get ready to transform your body with this fast-paced, high-energy workout plan.

Medical Category's Courses

Course Lesson(14)

Lesson 1 : **40 MIN SWEATY TABATA Full Body HIIT Workout At Home No Equipment**

Lesson 2 : **20 MIN SWEATY TABATA Full Body HIIT Workout No Equipment At Home**

Lesson 3 :
20 MIN TABATA HIIT WORKOUT Full Body Cardio No Equipment No Repeat Home Workout

Lesson 4 : **24 MIN TABATA HIIT Workout Max Fat Burn Full Body No Equipment**

Lesson 5 : **20 MIN TABATA HIIT Workout Burn 400 Calories Full Body No Equipment**

Lesson 6 :
20 MIN TABATA HIIT Full Body Cardio Workout to Burn 300 Calories No Equipment No Repeats

Lesson 7 : **20 MIN SWEATY TABATA HIIT Workout No Equipment No Repeat**

Lesson 8 : **24 Min Tabata HIIT Workout to Burn Some Serious Calories No Equipment No Repeat**

Lesson 9 : **20 MIN TABATA HIIT WORKOUT Full Body No Equipment No Repeat**

Lesson 10 : **16 Min Full Body TABATA HIIT Workout No Equipment Home Workout**

Lesson 11 :
20 MIN TABATA HIIT Intense Full Body Workout No Equipment No Repeat Home Workout

Lesson 12 : **20 MIN TABATA HIIT Intense Full Body Workout No Equipment No Repeat**

Lesson 13 : **20 Min TABATA HIIT Workout Burn 400 Calories Full Body No Equipment**

Lesson 14 : **20 MIN TABATA HIIT Super Sweaty Full Body Workout No Equipment No Repeat**

Related courses

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