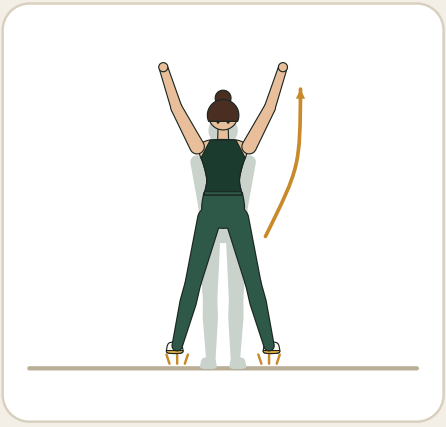
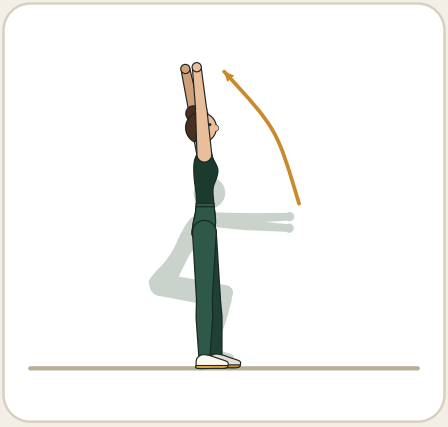
PRINTABLE TABATA PLAN FOR WOMEN 25+

28-Day Tabata Challenge

20 seconds on, 10 seconds off. At home, no equipment.
A Low-Impact and a Standard track for every move.



20 illustrated moves



Low-Impact + Standard



Bonus coaching emails

By Coach Luke | NASM-CPT, NESTA Nutrition Coach

START HERE

Welcome to your 28 days

I'm Coach Luke. I have coached people for more than 20 years, and Tabata is one of my favorite tools for busy women: **short, hard intervals you can do in your living room.** This plan takes you from one 4-minute block to a full 16 minutes, one small step at a time, so you build real fitness without wrecking your joints.

How this plan works

- **Tabata on Monday, Wednesday and Friday.** Never two Tabata days in a row.
- **Walk + mobility on Tuesday, strength-lite on Thursday, an easy walk on Saturday and full rest on Sunday.**
- **Two tracks for every move.** Low-Impact (no jumping) or Standard. Pick per move, per day. Mixing is fine.
- **1 block to 4 blocks.** Each week adds a block or a harder pairing, never both at once.
- **Every session has its own round-by-round card**, so you always know what round 5 is.
- **Check-ins on Day 1, Day 14 and Day 28** so you can see your progress in numbers.

What's inside

3	Safety + stop-if list
4	How a Tabata block works
5	Free timer app setup
6	Warm-up + cool-down
7	Your other days
8–17	The 20 moves, 2 tracks each
18	Day 1 fitness check
19	28-day calendar
20–30	Weeks 1 to 4 + session cards
31	Effort (RPE) log
32	Day 14 halfway check-in
33	Day 28 re-test + comparison
34	Weeks 5 to 8
35	Certificate
37	Your free bonus

What you need: a mat or rug, a sturdy chair, water, a free interval timer app on your phone and a pencil. Supportive shoes for standing moves.



BEFORE YOU START

Safety first

Talk to your doctor first if...

- You have a heart condition, high blood pressure or diabetes
- You have joint, back, bone or pelvic floor concerns
- You are recovering from an injury or surgery
- You take medication that affects your heart rate
- You are new to exercise or have not trained in a long time

Stop right away if you feel...

- **Chest pain**, pressure or tightness
- **Dizziness**, light-headedness or feeling faint
- **Unusual shortness of breath** that does not settle with rest
- A racing or irregular heartbeat
- Sharp or sudden joint pain

If symptoms do not go away when you rest, get medical help.

Not written for pregnancy. This plan is not designed for pregnancy or the early postpartum months. If that is you, ask your doctor or a pelvic floor physical therapist what intervals are right for you.

Joint-friendly by design

- **Every move has a Low-Impact version** with no jumping. Use it any day, for any move.
- **Shorten the range** (a shallower squat or lunge) before you skip a move.
- **Muscle burn is normal.** Sharp, pinching or joint pain is not. Swap or skip that move.
- **Leaking or heaviness** when you jump? Stay on the Low-Impact track and consider a pelvic floor physical therapist.
- **Bad night, bad week?** Drop a block or use Low-Impact. That is adjusting, not quitting.

This plan is general fitness education, not medical advice. You are responsible for exercising within your own limits.

THE BASICS

How a Tabata block works

One Tabata block is **8 rounds of 20 seconds of work and 10 seconds of rest. That is 4 minutes.** The timing comes from a 1996 study by Dr. Izumi Tabata on trained athletes cycling all-out in a lab. You are not doing that. Here, Tabata means the same 20 / 10 clock with simple moves, at a hard but steady effort.



Work (pine) + rest (sand) x 8 rounds = one 4-minute block

Reading a session card

1. Each block lists its moves as **A** and **B** (sometimes A to D) with both versions: **LI** = Low-Impact, **ST** = Standard.
2. The 8 boxes are the 8 rounds. The letter tells you which move. Write your reps in the box if you like.
3. March or walk easily for **60 seconds between blocks**, then start the next one.

How hard? Use the effort (RPE) scale

Effort	Talk test	In this plan
5 to 6	You can say full sentences	Warm-up, easy days, sick-ish days
7	Short phrases only	Weeks 1 and 2
8	A few words at a time	Weeks 3 and 4, if form stays clean
9 to 10	No talking, form falls apart	Never needed here

The pacing check: count your reps in round 1 of a block. Aim to stay within 2 or 3 reps of that number in round 8. If you fade fast after round 3, you started too hard. Round 8 should look like round 1.

YOUR CLOCK

Set up a free timer app

You do not need to buy anything. Most free interval timer apps, many phone clock apps and most smartwatches can run a Tabata. Set it up once, save it, and it is ready every time.



Setting	Set it to	Why
Prep / get ready	10 seconds	Time to get into position for round 1
Work	20 seconds	The same every round
Rest	10 seconds	Short on purpose: you only partly recover
Rounds	8	Eight rounds = one 4-minute block
Rest between blocks	60 seconds	Easy marching before the next block
Blocks / sets	1 to 4	Follow your session card

How long will my session take?

Blocks	Intervals	With rests	With warm-up + cool-down
1	4 min	4 min	about 13 minutes
2	8 min	9 min	about 18 minutes
3	12 min	14 min	about 23 minutes
4	16 min	19 min	about 28 minutes

Features worth having

- **Loud beeps or voice cues** so you never look at the screen mid-squat
- **Keeps running with the screen locked** and plays over your music
- **A big round counter**, so you know where you are when you are tired
- **Sets or blocks** with a longer rest between them (or just pause it for a minute)

No app handy? Use a clock with a second hand: work from :00 to :20, rest to :30, work from :30 to :50, rest to :00. Eight rounds take exactly 4 minutes.

EVERY TABATA DAY

Warm-up and cool-down

5-minute warm-up

Before every session and test

- **March in place**, 60 seconds, swing your arms
- **Arm circles**, 10 forward + 10 back
- **Hip circles**, 8 each way
- **Slow bodyweight squats**, 10 reps
- **Step-back lunges**, 5 each leg, hold a chair if needed
- **Easy step jacks**, 30 seconds
- **One practice round** of today's moves at half speed

4-minute cool-down

Hold each stretch 20 to 30 seconds

- **Walk slowly** until your breathing settles
- **Calf stretch** against a wall, each side
- **Standing quad stretch**, hold a chair, each side
- **Hamstring stretch**, heel forward, hinge
- **Hip flexor stretch**, half-kneeling, each side
- **Chest opener**, hands clasped behind you
- **3 slow breaths**: in for 4, out for 6

Why it matters

Intervals feel much harder, and are harder on your joints, when your muscles are cold. A 5-minute warm-up makes round 1 feel like round 3 instead of round 8. Over 40? Take an extra 2 to 3 minutes. It is part of the workout.

Your space



- A mat or rug, about 6 x 6 feet
- A sturdy chair against a wall
- Supportive shoes on a hard floor
- Water within reach

Breathing in a block



- Breathe out on the effort part of each rep
- Never hold your breath
- Use the 10-second rest for 2 slow breaths
- Can't say a short phrase? Slow down

TUE, THU, SAT, SUN

Your other days

Tabata is the spark. These days do the quiet work: recovery, strength and steady movement. They take 20 to 30 minutes.

Tuesday: walk + mobility

Walk 20 to 30 minutes at a pace where you can still talk

Then 6 mobility moves, 45 seconds each:

- [ ] Cat-cow on hands and knees
- [ ] Thread the needle, each side
- [ ] Half-kneeling hip flexor stretch, each side
- [ ] Ankle circles + calf raises
- [ ] Open book (side-lying chest rotation), each side
- [ ] Child's pose with slow breaths

Thursday: strength-lite

2 rounds, slow and controlled, 60 seconds rest between rounds:

- [ ] Wall push-ups, 10
- [ ] Sit-to-stand from a chair, 10
- [ ] Glute bridge, 12
- [ ] Side-lying leg lift, 10 each side
- [ ] Standing calf raise, 15
- [ ] Forearm side plank on knees, 20 seconds each side

No timer, no rush. This is not an interval day.

Saturday: easy walk

Any length, any pace. A walk with a friend counts. So does a bike ride or a swim.

Sunday: full rest

Sleep, water, a good meal with protein. Your body adapts on rest days, not during the workout.

Can I move my days?

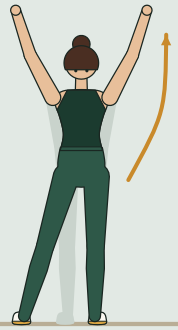
- **Yes.** Any three days work as long as there is at least one non-Tabata day between them.
- Swap walk + mobility and strength-lite freely. Keep one full rest day every week.
- Busy day? Do the warm-up and one block. One block still counts.
- Sick, injured or exhausted? Rest. Pick up the plan where you left off.

The 20 moves

01 Jacks

FULL BODY + HEART RATE

LOW-IMPACT NO JUMPING



Step Jack

Step one foot out to the side as both arms sweep overhead. Step back in and switch sides.

STANDARD



Jumping Jack

Jump both feet out as your arms sweep overhead, then jump back in. Land softly on the balls of your feet.

Coach cue: *Soft knees on every step or landing. Arms do half the work.*

02 Squat

LEGS + GLUTES

LOW-IMPACT NO JUMPING



Squat to Overhead Reach

Sit your hips back and down, then stand tall and reach both arms overhead.

STANDARD



Squat Jump

Sit back into a squat with arms back, then jump straight up. Land softly and sink into the next squat.

Coach cue: *Knees follow your toes. Push the floor away to stand.*

The 20 moves

03 High Knees

HIP FLEXORS + HEART RATE

LOW-IMPACT NO JUMPING



Marching High Knees

Stand tall and drive one knee up toward hip height, then the other, pumping your arms.

STANDARD



High-Knee Run

Run in place, bringing each knee up to hip height. Stay light and quick on your feet.

Coach cue: *Tall chest. Speed comes from your arms as much as your legs.*

04 Heel Flicks

HAMSTRINGS + HEART RATE

LOW-IMPACT NO JUMPING



Walking Heel Flick

Walk in place and flick one heel up toward your glutes, then the other. Keep a brisk rhythm.

STANDARD



Butt-Kick Jog

Jog in place and kick your heels up toward your glutes, arms swinging.

Coach cue: *Knees point down at the floor. Quick feet, relaxed shoulders.*

The 20 moves

05 Invisible Rope

CALVES + RHYTHM

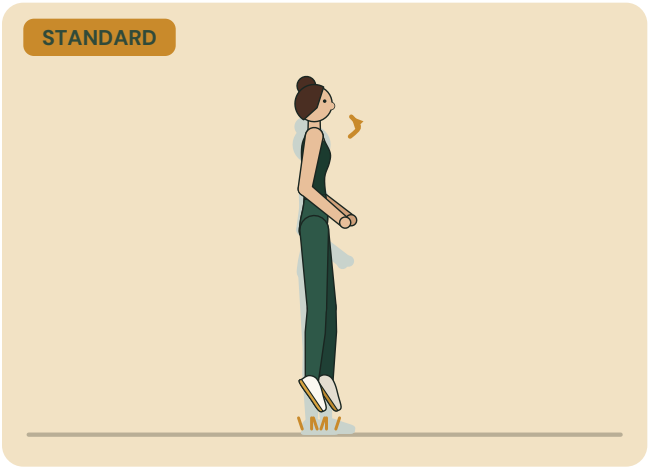
LOW-IMPACT NO JUMPING



Heel-Tap Rope

Turn an imaginary rope with your wrists while you lift one heel, then the other.

STANDARD



Bounce Rope

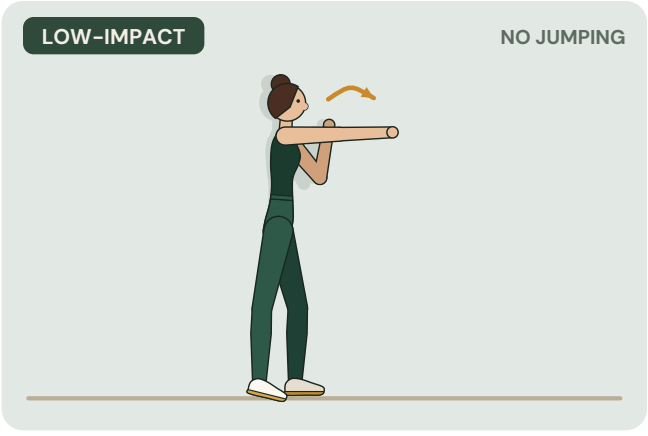
Turn an imaginary rope and bounce on the balls of both feet, just an inch off the floor.

Coach cue: *Small circles with your wrists. Elbows stay close to your sides.*

06 Jab-Cross

SHOULDERS + CORE + HEART RATE

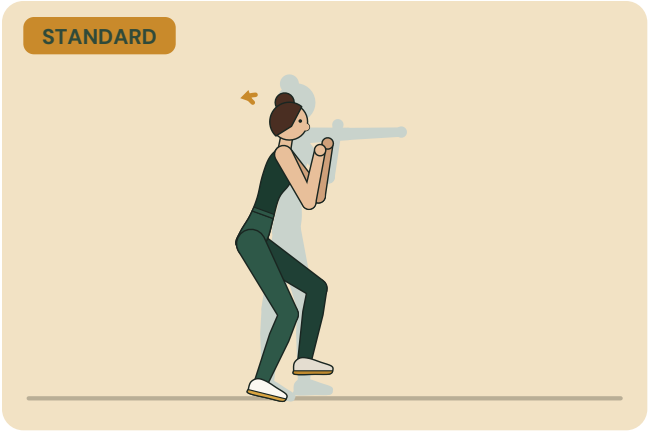
LOW-IMPACT NO JUMPING



Jab-Cross Punches

In a boxing stance, punch straight out with the front hand, then the back hand. Return to guard each time.

STANDARD



Jab-Cross + Duck

Throw a jab and a cross, then bend your knees and duck down with your guard up. Stand and repeat.

Coach cue: *Turn your back hip with the cross. Fists come straight back to your chin.*

The 20 moves

07 Front Kick

LEGS + BALANCE + CORE

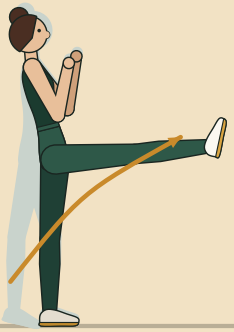
LOW-IMPACT NO JUMPING



Low Front Kick

From a boxing stance, lift the back knee and push the foot forward to knee height. Alternate legs.

STANDARD



Front Kick

Lift the knee and snap the foot forward to hip height, heel first. Alternate legs at a quick pace.

Coach cue: *Hands stay up by your chin. Hold a chair if your balance wobbles.*

08 Lunge + Knee

LEGS + GLUTES + BALANCE

LOW-IMPACT NO JUMPING



Reverse Lunge Knee Drive

Step back into a reverse lunge, then drive that knee forward and up as you stand on the front leg.

STANDARD



Lunge Knee Hop

Step back into a lunge, then drive the back knee up and add a small hop on the standing foot.

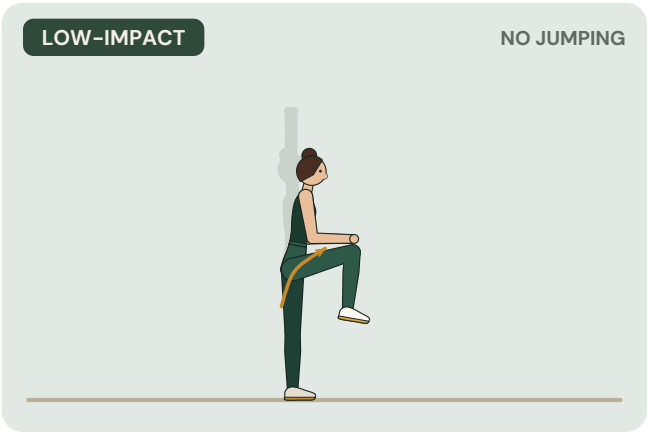
Coach cue: *Lower with control. Push through the front heel to come up.*

The 20 moves

09 Knee Tuck

CORE + HIP FLEXORS

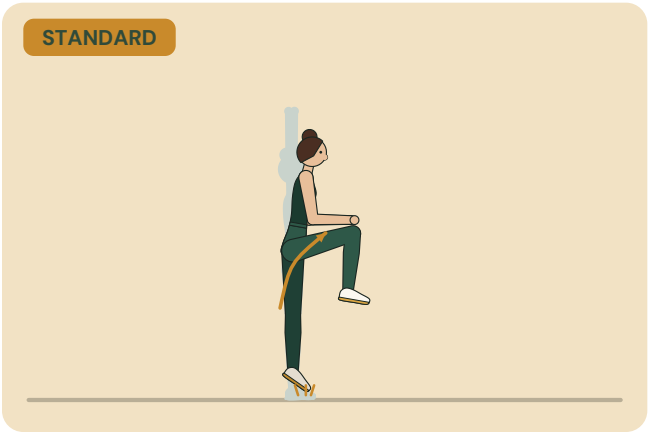
LOW-IMPACT NO JUMPING



Standing Knee Tuck

Reach both arms overhead, then pull one knee up toward your chest as your hands come down to meet it.

STANDARD



Knee Tuck Hop

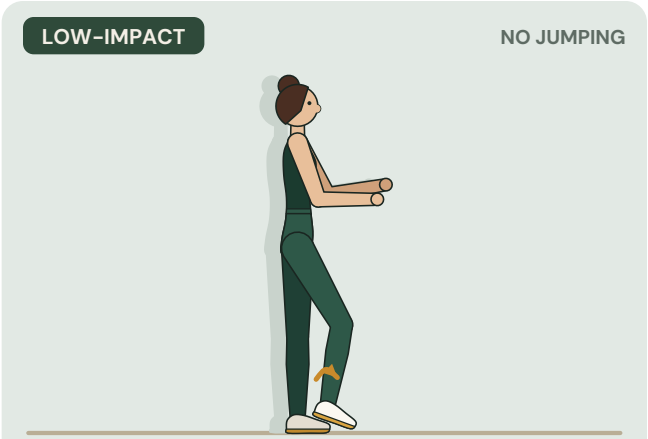
Same reach and pull, with a small hop on the standing foot as the knee comes up. Alternate legs.

Coach cue: *Curl your ribs toward your hips as the knee comes up.*

10 Fast Feet

LEGS + QUICKNESS

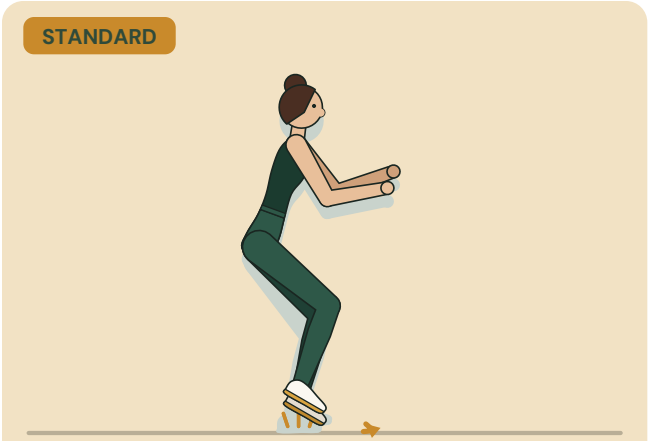
LOW-IMPACT NO JUMPING



Quick Toe Taps

Stand tall and tap one foot forward on the floor, then the other, as quickly as you can.

STANDARD



Fast-Feet Shuffle

Sink into a quarter squat and pitter-patter your feet as fast as you can, staying low.

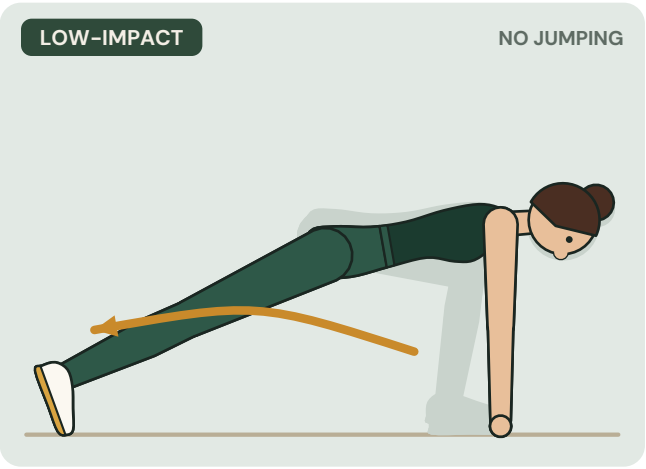
Coach cue: *Light, quiet feet. Stay on the balls of your feet.*

The 20 moves

11 Burpee

FULL BODY

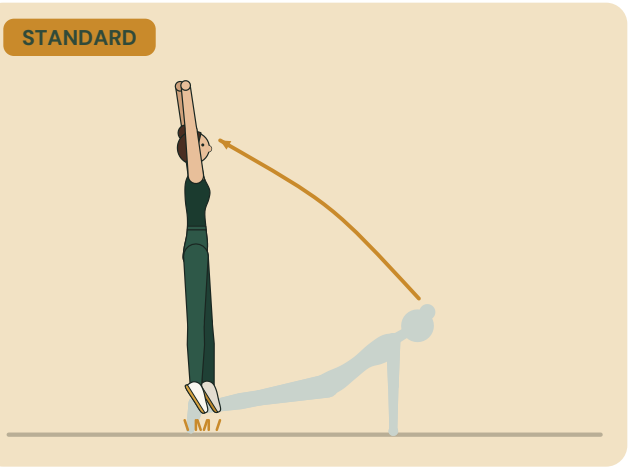
LOW-IMPACT — NO JUMPING



Step-Back Burpee

Squat, put your hands on the floor, step back one foot at a time to a plank, step in and stand.

STANDARD



Burpee

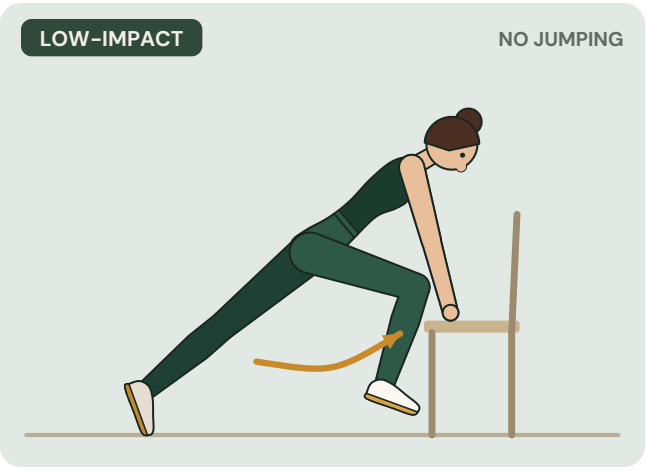
Squat, hands down, jump back to a plank, jump your feet in, then jump up with arms overhead.

Coach cue: *Hands under shoulders in the plank. Keep your hips level.*

12 Mountain Climber

CORE + SHOULDERS + HEART RATE

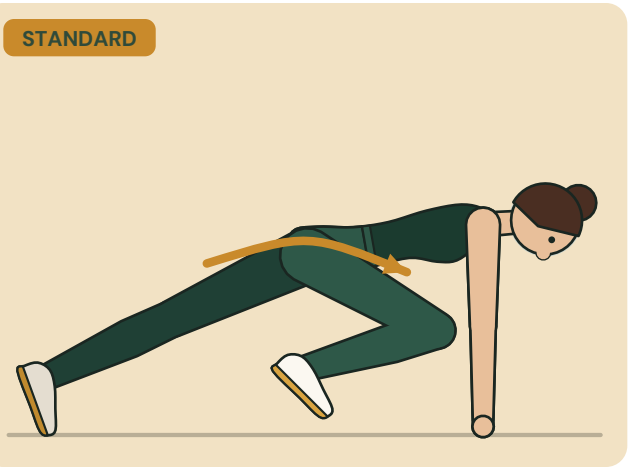
LOW-IMPACT — NO JUMPING



Incline Climber

Hands on a sturdy chair seat (against a wall), body long. Drive one knee in, then the other.

STANDARD



Floor Climber

From a high plank on the floor, drive your knees in one at a time at a quick, steady pace.

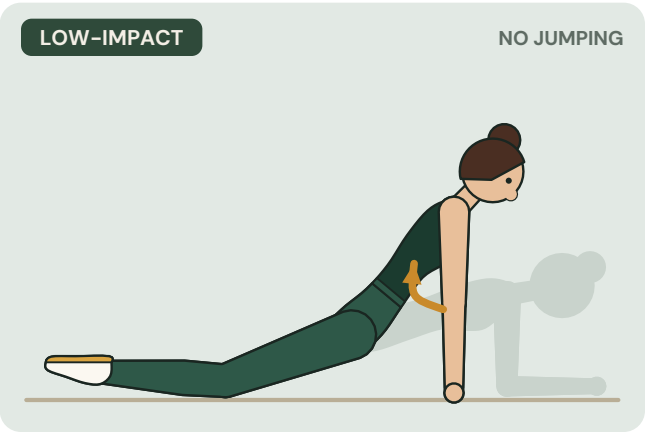
Coach cue: *Shoulders stay over your hands. Hips stay low.*

The 20 moves

13 Plank Up-Down

SHOULDERS + ARMS + CORE

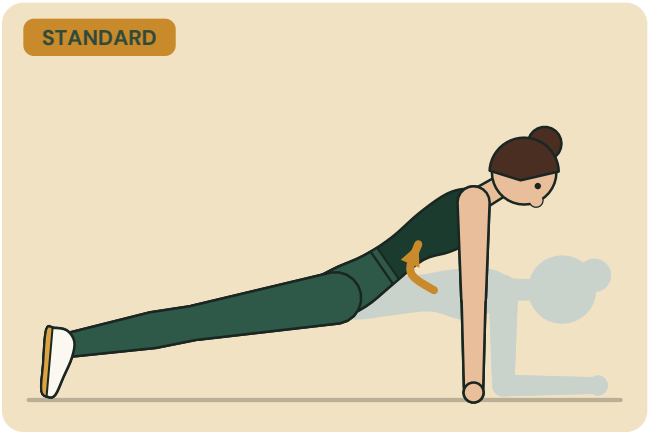
LOW-IMPACT NO JUMPING



Kneeling Up-Down

From a forearm plank on your knees, press up to your hands one arm at a time, then lower back down.

STANDARD



Plank Up-Down

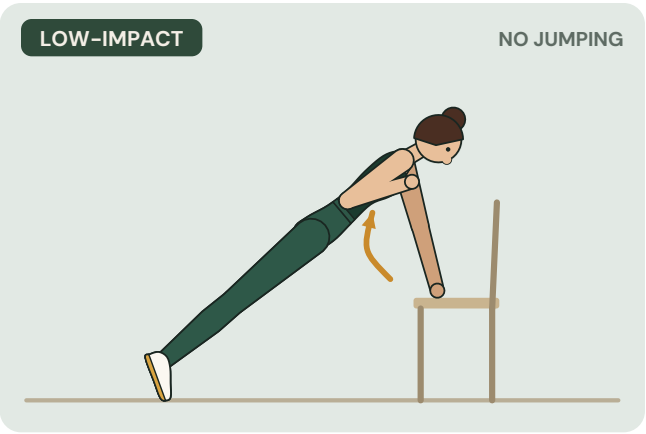
Same move from your toes: forearms to hands, then back to forearms. Switch the lead arm each round.

Coach cue: *Feet a little wider than hips keeps your hips from rocking.*

14 Shoulder Taps

CORE + SHOULDERS

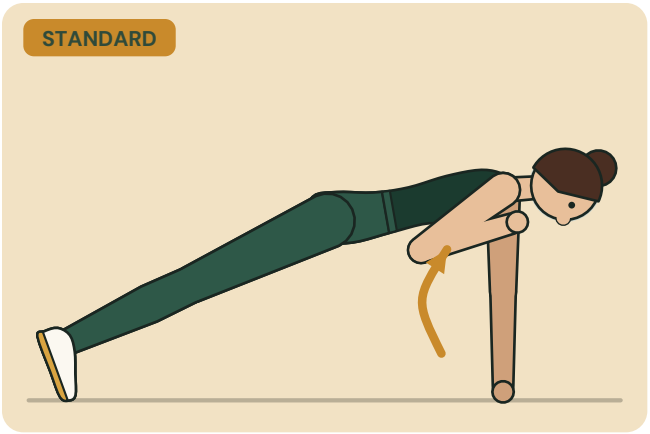
LOW-IMPACT NO JUMPING



Incline Shoulder Tap

In an incline plank with hands on a sturdy chair seat, tap one hand to the opposite shoulder. Switch.

STANDARD



Plank Shoulder Tap

In a high plank on the floor, tap one hand to the opposite shoulder, then the other.

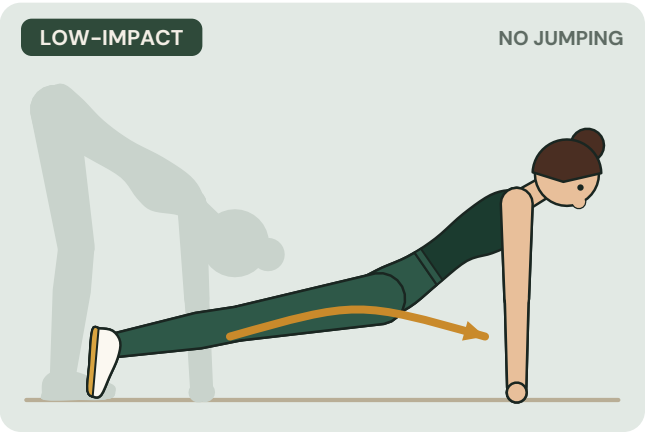
Coach cue: *Squeeze your glutes so your hips stay still while you tap.*

The 20 moves

15 Inchworm

HAMSTRINGS + SHOULDERS + CORE

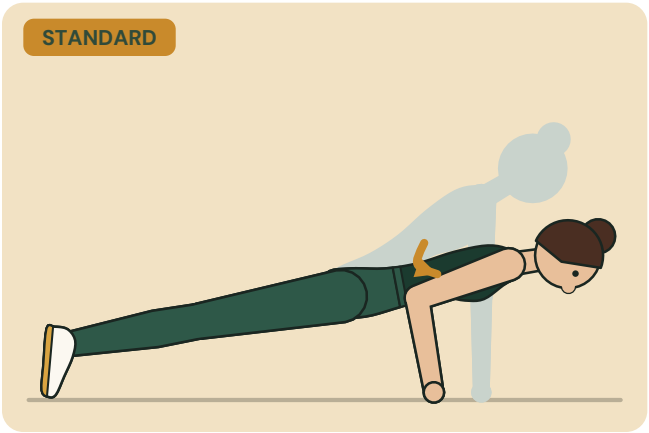
LOW-IMPACT NO JUMPING



Inchworm Walk-Out

Fold forward with soft knees, walk your hands out to a plank, then walk them back and stand up.

STANDARD



Inchworm + Push-Up

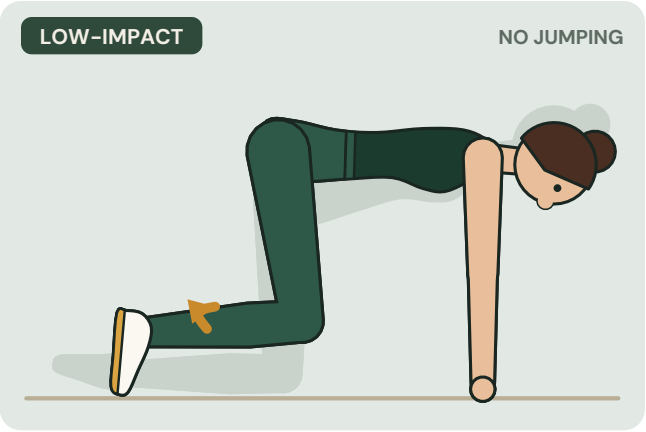
Walk out to a plank, add one push-up (knees down is fine), then walk back and stand.

Coach cue: *Bend your knees as much as you need. Walk the hands, not the feet.*

16 Bear

CORE + SHOULDERS + LEGS

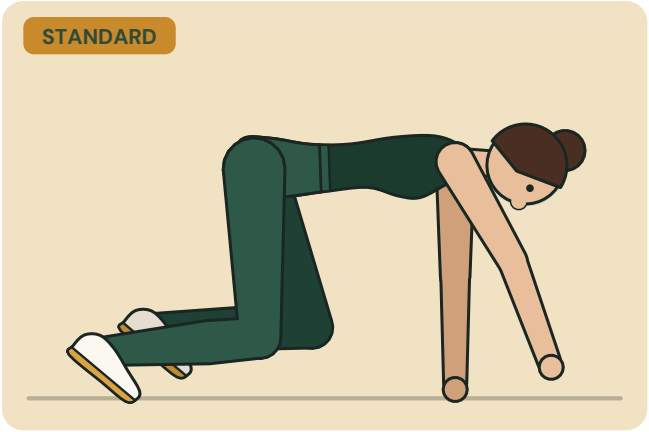
LOW-IMPACT NO JUMPING



Bear Hover

On hands and knees, lift your knees 1 to 2 inches off the floor. Hold, breathe, lower, repeat.

STANDARD



Bear Crawl

From the hover, crawl forward two steps and back two steps, opposite hand and foot together.

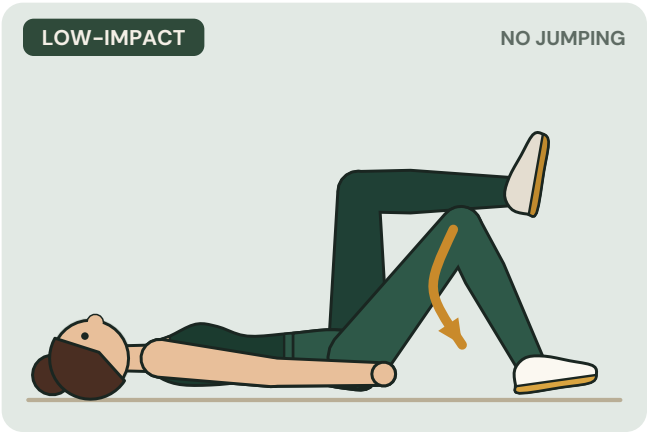
Coach cue: *Flat back like a table. Knees stay low.*

The 20 moves

17 Lying Leg Taps

LOWER ABS + HIP FLEXORS

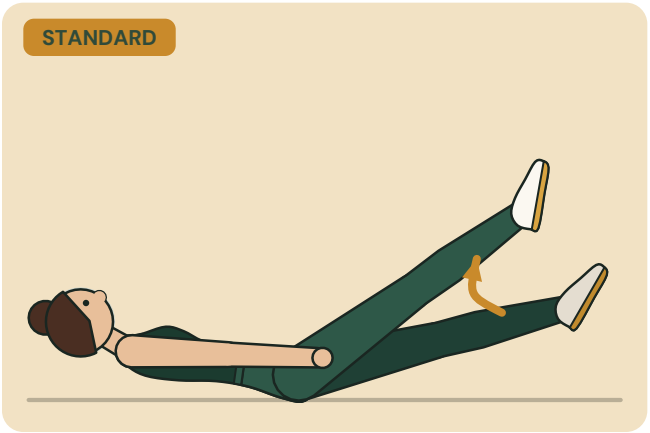
LOW-IMPACT NO JUMPING



Bent-Knee Toe Taps

Lie on your back, knees bent at 90 degrees above your hips. Lower one heel to tap the floor, then switch.

STANDARD



Flutter Kicks

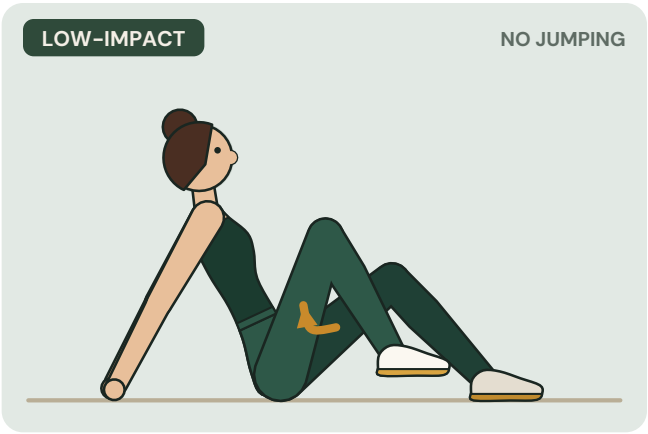
Lie on your back with legs long and low, head lifted. Flutter your legs up and down in small kicks.

Coach cue: *Press your lower back gently into the floor the whole time.*

18 Seated Knee Tuck

CORE

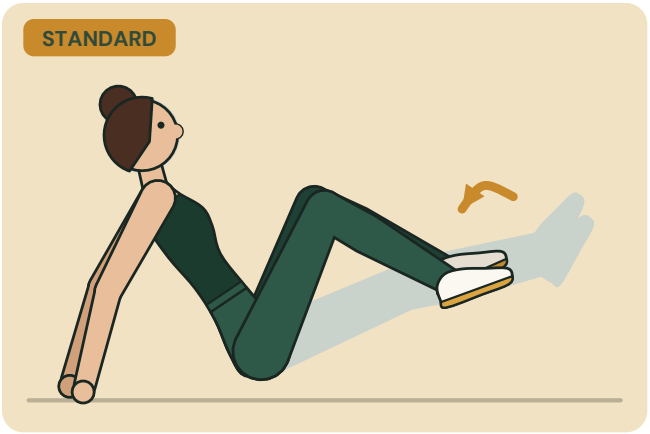
LOW-IMPACT NO JUMPING



Seated Single-Knee Tuck

Sit tall, lean back on your hands, feet on the floor. Pull one knee toward your chest, then switch.

STANDARD



Seated Double-Knee Tuck

Lean back on your hands with both feet off the floor. Pull both knees in, then extend your legs long.

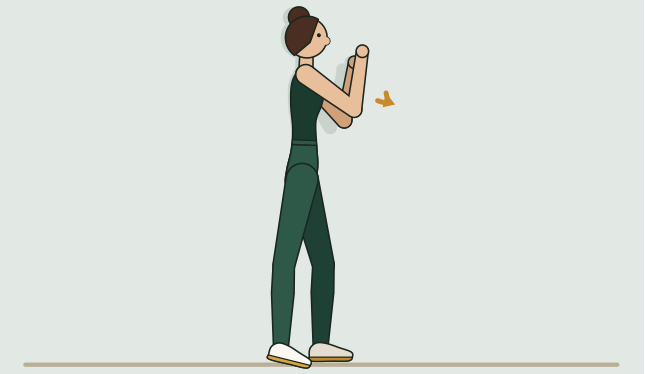
Coach cue: *Lean back only as far as you can keep your back long.*

The 20 moves

19 Uppercuts

SHOULDERS + CORE + HEART RATE

LOW-IMPACT — NO JUMPING



Standing Uppercuts

In a boxing stance, drive a fist up toward chin height with a little knee bend. Alternate hands.

STANDARD



Squat + Uppercut

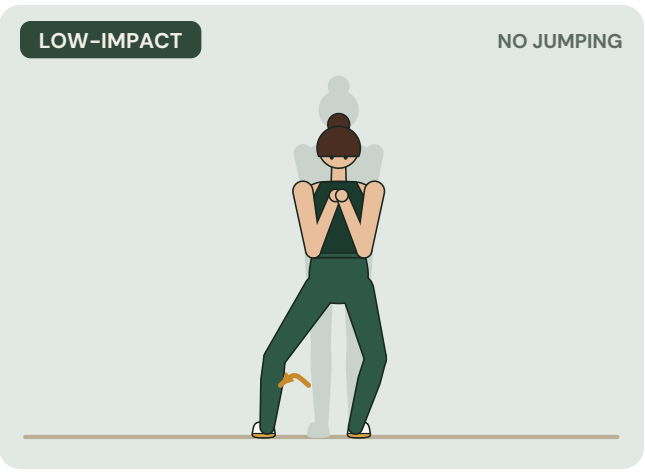
Sink into a squat with your guard up, then stand and throw an uppercut. Alternate hands.

Coach cue: *The power comes from your legs. Keep your elbow bent.*

20 Wide Squat

INNER THIGHS + GLUTES

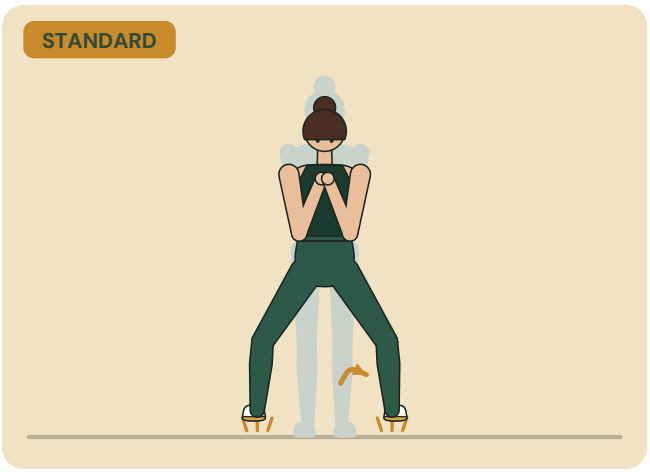
LOW-IMPACT — NO JUMPING



Wide Step-Out Squat

Step one foot out wide and sink into a squat, then step back in. Alternate sides.

STANDARD



Squat Jack

Jump both feet out wide into a squat, then jump them back together. Land softly.

Coach cue: *Toes turned out a little, knees track over your toes.*

DAY 1

Your Day 1 fitness check

Do this on Day 1 after your 5-minute warm-up. It takes about 12 minutes and **it is your first session**. Write down which track you used for each test, so you can repeat it the same way on Day 28.



1. **Plank hold.** On your knees, toes or hands on a chair. Hold with good form, up to 90 seconds. Rest 2 minutes.
2. **60-second jacks.** Step Jacks or Jumping Jacks. Count every rep for 60 seconds. Rest 2 minutes.
3. **Squat test block.** One full Tabata block (8 rounds) of your squat version. Write the reps for every round below.

Test	Track / version	Result
Plank hold (seconds)		
60-second jacks (reps)		
Squat block: total reps (8 rounds)		
Squat block: effort (1 to 10)		
Minutes until breathing feels normal		

Squat block, round by round (reps)

R1	R2	R3	R4	R5	R6	R7	R8

How I feel today (1 to 10)	Score
Energy most days	
Sleep quality	
How fit I feel	

Round 8 vs round 1: a drop of more than 30% usually means you started too fast. That is useful to know, not a failure.

YOUR MONTH

28-day calendar

Tick each day when it is done. Missed a day? Do not double up, and never stack two Tabata days. Pick up where you left off.

DAY 1 Mon	DAY 2 Tue	DAY 3 Wed	DAY 4 Thu	DAY 5 Fri	DAY 6 Sat	DAY 7 Sun
Fitness check + 1 block Session 1 ☐	Walk + mobility ☐	Tabata, 1 block Session 2 ☐	Strength lite ☐	Tabata, 2 blocks Session 3 ☐	Easy walk ☐	Rest ☐
DAY 8 Mon	**DAY 9 Tue**	**DAY 10 Wed**	**DAY 11 Thu**	**DAY 12 Fri**	**DAY 13 Sat**	**DAY 14 Sun**
Tabata, 2 blocks Session 4 ☐	Walk + mobility ☐	Tabata, 2 blocks Session 5 ☐	Strength lite ☐	Tabata, 3 blocks Session 6 ☐	Easy walk ☐	Rest + halfway check-in ☐
DAY 15 Mon	**DAY 16 Tue**	**DAY 17 Wed**	**DAY 18 Thu**	**DAY 19 Fri**	**DAY 20 Sat**	**DAY 21 Sun**
Tabata, 3 blocks Session 7 ☐	Walk + mobility ☐	Tabata, 3 blocks Session 8 ☐	Strength lite ☐	Tabata, 3 blocks Session 9 ☐	Easy walk ☐	Rest ☐
DAY 22 Mon	**DAY 23 Tue**	**DAY 24 Wed**	**DAY 25 Thu**	**DAY 26 Fri**	**DAY 27 Sat**	**DAY 28 Sun**
Tabata, 3 blocks Session 10 ☐	Walk + mobility ☐	Tabata, 4 blocks Session 11 ☐	Strength lite ☐	Tabata, 4 blocks Session 12 ☐	Easy walk ☐	Re-test day ☐

Tabata Walk / mobility Strength-lite Rest

Session cards for every Tabata day start on page 20. Other days are on page 7.

Week 1: Learn the rhythm

This week: Learn the 20 / 10 timing and find your pace. Finish every block feeling like you could do one more. Effort target: **6 to 7 out of 10**.

DAY 1 Mon	DAY 2 Tue	DAY 3 Wed	DAY 4 Thu	DAY 5 Fri	DAY 6 Sat	DAY 7 Sun
Check + Tabata	Walk + mobility	Tabata	Strength-lite	Tabata	Easy walk	Rest

SESSION 1 | DAY 1 | MON

Test block: squats

1 block | effort 6 to 7
4 min of intervals

BLOCK 1 same move all 8 rounds

A **Squat** LI: Squat to Overhead Reach ST: Squat Jump page 8

R1	R2	R3	R4	R5	R6	R7	R8	EFFORT
A	A	A	A	A	A	A	A	
reps	reps	reps	reps	reps	reps	reps	reps	/10

Track today: ☐ Low-Impact ☐ Standard ☐ Mixed Done ☐

SESSION 2 | DAY 3 | WED

Jacks + knees

1 block | effort 6 to 7
4 min of intervals

BLOCK 1

A **Jacks** LI: Step Jack ST: Jumping Jack page 8

B **High Knees** LI: Marching High Knees ST: High-Knee Run page 9

R1	R2	R3	R4	R5	R6	R7	R8	EFFORT
A	B	A	B	A	B	A	B	
reps	reps	reps	reps	reps	reps	reps	reps	/10

Track today: ☐ Low-Impact ☐ Standard ☐ Mixed Done ☐

Notes: how did it feel?

Week 1: Learn the rhythm

SESSION 3 | DAY 5 | FRI

Two blocks

2 blocks | effort 6 to 7

8 min of intervals + 1 min easy between blocks

BLOCK 1

A **Squat** LI: Squat to Overhead Reach ST: Squat Jump page 8

B **Jab-Cross** LI: Jab-Cross Punches ST: Jab-Cross + Duck page 10

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 2

A **Heel Flicks** LI: Walking Heel Flick ST: Butt-Kick Jog page 9

B **Seated Knee Tuck** LI: Seated Single-Knee Tuck ST: Seated Double-Knee Tuck page 16

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

Track today: ☐ Low-Impact ☐ Standard ☐ Mixed Done ☐

Sore after Week 1? Normal for a day or two. Walk on your easy days, and use Low-Impact versions until it settles.

My notes for Week 1

Week 2: Two blocks, steady pace

This week: Two blocks on Monday and Wednesday, and your first three-block session on Friday. Effort target: **7 out of 10**.

DAY 8 Mon	DAY 9 Tue	DAY 10 Wed	DAY 11 Thu	DAY 12 Fri	DAY 13 Sat	DAY 14 Sun
Tabata	Walk + mobility	Tabata	Strength-lite	Tabata	Easy walk	Rest + check-in

SESSION 4 | DAY 8 | MON

Legs + core

2 blocks | effort 7

8 min of intervals + 1 min easy between blocks

BLOCK 1

A **Jacks** LI: Step Jack ST: Jumping Jack page 8

B **Lunge + Knee** LI: Reverse Lunge Knee Drive ST: Lunge Knee Hop page 11

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 2

A **Fast Feet** LI: Quick Toe Taps ST: Fast-Feet Shuffle page 12

B **Shoulder Taps** LI: Incline Shoulder Tap ST: Plank Shoulder Tap page 14

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

Track today: ☐ Low-Impact ☐ Standard ☐ Mixed Done ☐

Notes: how did it feel?

Week 2: Two blocks, steady pace

SESSION 5 | DAY 10 | WED

Squat + box

2 blocks | effort 7

8 min of intervals + 1 min easy between blocks

BLOCK 1

A **Wide Squat** LI: Wide Step-Out Squat ST: Squat Jack page 17

B **Uppercuts** LI: Standing Uppercuts ST: Squat + Uppercut page 17

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 2

A **Invisible Rope** LI: Heel-Tap Rope ST: Bounce Rope page 10

B **Lying Leg Taps** LI: Bent-Knee Toe Taps ST: Flutter Kicks page 16

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

Track today: ☐ Low-Impact ☐ Standard ☐ Mixed Done ☐

Notes: how did it feel?

Week 2: Two blocks, steady pace

SESSION 6 | DAY 12 | FRI

Three blocks

3 blocks | effort 7

12 min of intervals + 1 min easy between blocks

BLOCK 1

A **Squat** LI: Squat to Overhead Reach ST: Squat Jump page 8

B **High Knees** LI: Marching High Knees ST: High-Knee Run page 9

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 2

A **Jab-Cross** LI: Jab-Cross Punches ST: Jab-Cross + Duck page 10

B **Front Kick** LI: Low Front Kick ST: Front Kick page 11

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 3

A **Bear** LI: Bear Hover ST: Bear Crawl page 15

B **Seated Knee Tuck** LI: Seated Single-Knee Tuck ST: Seated Double-Knee Tuck page 16

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

Track today: ☐ Low-Impact ☐ Standard ☐ Mixed Done ☐

Day 14 is rest + your halfway check-in on page 32. No test needed, just honest answers.

My notes for Week 2

Week 3: Three blocks, new moves

This week: Three blocks every Tabata day, with floor moves and your first four-move block. Effort target: **7 to 8 out of 10**.

DAY 15 Mon	DAY 16 Tue	DAY 17 Wed	DAY 18 Thu	DAY 19 Fri	DAY 20 Sat	DAY 21 Sun
Tabata	Walk + mobility	Tabata	Strength-lite	Tabata	Easy walk	Rest

SESSION 7 | DAY 15 | MON

Floor + standing

3 blocks | effort 7 to 8

12 min of intervals + 1 min easy between blocks

BLOCK 1

A **Jacks** LI: Step Jack ST: Jumping Jack page 8

B **Knee Tuck** LI: Standing Knee Tuck ST: Knee Tuck Hop page 12

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 2

A **Mountain Climber** LI: Incline Climber ST: Floor Climber page 13

B **Lunge + Knee** LI: Reverse Lunge Knee Drive ST: Lunge Knee Hop page 11

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 3

A **Plank Up-Down** LI: Kneeling Up-Down ST: Plank Up-Down page 14

B **Heel Flicks** LI: Walking Heel Flick ST: Butt-Kick Jog page 9

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

Track today: ☐ Low-Impact ☐ Standard ☐ Mixed Done ☐

Week 3: Three blocks, new moves

SESSION 8 | DAY 17 | WED

Boxer block

3 blocks | effort 7 to 8
12 min of intervals + 1 min easy between blocks

BLOCK 1

- A **Squat** LI: Squat to Overhead Reach ST: Squat Jump page 8
- B **Jab-Cross** LI: Jab-Cross Punches ST: Jab-Cross + Duck page 10
- C **Fast Feet** LI: Quick Toe Taps ST: Fast-Feet Shuffle page 12
- D **Uppercuts** LI: Standing Uppercuts ST: Squat + Uppercut page 17

R1 A	R2 B	R3 C	R4 D	R5 A	R6 B	R7 C	R8 D	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 2

- A **Inchworm** LI: Inchworm Walk-Out ST: Inchworm + Push-Up page 15
- B **Invisible Rope** LI: Heel-Tap Rope ST: Bounce Rope page 10

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 3

- A **Shoulder Taps** LI: Incline Shoulder Tap ST: Plank Shoulder Tap page 14
- B **Lying Leg Taps** LI: Bent-Knee Toe Taps ST: Flutter Kicks page 16

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

Track today: ☐ Low-Impact ☐ Standard ☐ Mixed Done ☐

Notes: how did it feel?

Week 3: Three blocks, new moves

SESSION 9 | DAY 19 | FRI

Burpee day

3 blocks | effort 7 to 8
12 min of intervals + 1 min easy between blocks

BLOCK 1

A **Burpee** LI: Step-Back Burpee ST: Burpee page 13
B **High Knees** LI: Marching High Knees ST: High-Knee Run page 9

R1	R2	R3	R4	R5	R6	R7	R8	EFFORT
A	B	A	B	A	B	A	B	/10
reps	reps	reps	reps	reps	reps	reps	reps	

60 seconds easy marching, then the next block

BLOCK 2

A **Wide Squat** LI: Wide Step-Out Squat ST: Squat Jack page 17
B **Front Kick** LI: Low Front Kick ST: Front Kick page 11

R1	R2	R3	R4	R5	R6	R7	R8	EFFORT
A	B	A	B	A	B	A	B	/10
reps	reps	reps	reps	reps	reps	reps	reps	

60 seconds easy marching, then the next block

BLOCK 3

A **Bear** LI: Bear Hover ST: Bear Crawl page 15
B **Seated Knee Tuck** LI: Seated Single-Knee Tuck ST: Seated Double-Knee Tuck page 16

R1	R2	R3	R4	R5	R6	R7	R8	EFFORT
A	B	A	B	A	B	A	B	/10
reps	reps	reps	reps	reps	reps	reps	reps	

Track today: ☐ Low-Impact ☐ Standard ☐ Mixed Done ☐

Four-move blocks (A to D) run A, B, C, D, then repeat. Learn the order during the warm-up practice round.

My notes for Week 3

Week 4: Up to four blocks

This week: Build to a full 16 minutes of intervals. Round 8 should still look like round 1. Effort target: **8 out of 10**.

DAY 22 Mon	DAY 23 Tue	DAY 24 Wed	DAY 25 Thu	DAY 26 Fri	DAY 27 Sat	DAY 28 Sun
Tabata	Walk + mobility	Tabata	Strength-lite	Tabata	Easy walk	Re-test

SESSION 10 | DAY 22 | MON

Three blocks, faster

3 blocks | effort 8

12 min of intervals + 1 min easy between blocks

BLOCK 1

A **Jacks** LI: Step Jack ST: Jumping Jack page 8

B **Squat** LI: Squat to Overhead Reach ST: Squat Jump page 8

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 2

A **Mountain Climber** LI: Incline Climber ST: Floor Climber page 13

B **Fast Feet** LI: Quick Toe Taps ST: Fast-Feet Shuffle page 12

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 3

A **Jab-Cross** LI: Jab-Cross Punches ST: Jab-Cross + Duck page 10

B **Uppercuts** LI: Standing Uppercuts ST: Squat + Uppercut page 17

C **Front Kick** LI: Low Front Kick ST: Front Kick page 11

D **Knee Tuck** LI: Standing Knee Tuck ST: Knee Tuck Hop page 12

R1 A	R2 B	R3 C	R4 D	R5 A	R6 B	R7 C	R8 D	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

Track today: ☐ Low-Impact ☐ Standard ☐ Mixed Done ☐

Week 4: Up to four blocks

SESSION 11 | DAY 24 | WED

Your first four blocks

4 blocks | effort 8

16 min of intervals + 1 min easy between blocks

BLOCK 1

A **Burpee** LI: Step-Back Burpee ST: Burpee — page 13

B **Invisible Rope** LI: Heel-Tap Rope ST: Bounce Rope — page 10

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 2

A **Lunge + Knee** LI: Reverse Lunge Knee Drive ST: Lunge Knee Hop — page 11

B **Heel Flicks** LI: Walking Heel Flick ST: Butt-Kick Jog — page 9

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 3

A **Plank Up-Down** LI: Kneeling Up-Down ST: Plank Up-Down — page 14

B **Shoulder Taps** LI: Incline Shoulder Tap ST: Plank Shoulder Tap — page 14

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 4

A **Wide Squat** LI: Wide Step-Out Squat ST: Squat Jack — page 17

B **Lying Leg Taps** LI: Bent-Knee Toe Taps ST: Flutter Kicks — page 16

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

Track today: ☐ Low-Impact ☐ Standard ☐ Mixed Done ☐

Week 4: Up to four blocks

SESSION 12 | DAY 26 | FRI

Finale: four blocks

4 blocks | effort 8

16 min of intervals + 1 min easy between blocks

BLOCK 1

A **Squat** LI: Squat to Overhead Reach ST: Squat Jump page 8

B **Jacks** LI: Step Jack ST: Jumping Jack page 8

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 2

A **Inchworm** LI: Inchworm Walk-Out ST: Inchworm + Push-Up page 15

B **High Knees** LI: Marching High Knees ST: High-Knee Run page 9

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 3

A **Jab-Cross** LI: Jab-Cross Punches ST: Jab-Cross + Duck page 10

B **Front Kick** LI: Low Front Kick ST: Front Kick page 11

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

60 seconds easy marching, then the next block

BLOCK 4

A **Bear** LI: Bear Hover ST: Bear Crawl page 15

B **Seated Knee Tuck** LI: Seated Single-Knee Tuck ST: Seated Double-Knee Tuck page 16

R1 A	R2 B	R3 A	R4 B	R5 A	R6 B	R7 A	R8 B	EFFORT
reps	reps	reps	reps	reps	reps	reps	reps	/10

Track today: ☐ Low-Impact ☐ Standard ☐ Mixed Done ☐

Day 28 is re-test day. Warm up, then repeat your Day 1 tests on page 33 with the same versions you used on Day 1.

TRACK IT

Effort (RPE) log

After each session, write your effort for each block (1 to 10), your reps in round 1 and round 8 of Block 1, and one word for how you feel. Over four weeks, the same work should start to feel easier.

#	Day	Track	B1	B2	B3	B4	R1 / R8	One word
1	1			–	–	–		
2	3			–	–	–		
3	5				–	–		
4	8				–	–		
5	10				–	–		
6	12					–		
7	15					–		
8	17					–		
9	19					–		
10	22					–		
11	24							
12	26							

How to read it: if your effort numbers drop for the same number of blocks, you are getting fitter. If round 8 keeps falling far below round 1, start each block a little slower. A dash means that session has fewer blocks.

DAY 14

Halfway check-in

Two weeks done. Today is a rest day, so this is a thinking check-in, not a workout. Answer honestly, then adjust.

Quick scores (1 to 10)	Day 1	Day 14
Energy most days		
Sleep quality		
How fit I feel		
Average effort of my Tabata blocks		

Which moves feel easier than on Day 1?

Which track am I using most, and is it still right for me?

What got in the way, and what will I do about it in Weeks 3 and 4?

Adjust for Weeks 3 and 4: if Week 2 felt hard every time, repeat Week 2 before moving on. If joints ache the next day, switch those moves to Low-Impact. If it felt easy, try the Standard version of one or two moves, not all of them at once.

DAY 28

Re-test and compare

Warm up for 5 minutes, then repeat your Day 1 tests in the same order with **the same versions**. Copy your Day 1 numbers from page 18 and see what changed.

Test	Day 1	Day 28	Change
Plank hold (seconds)			
60-second jacks (reps)			
Squat block: total reps			
Squat block: round 8 reps			
Squat block: effort (1 to 10)			
Minutes until breathing feels normal			
Energy most days (1 to 10)			
Sleep quality (1 to 10)			
How fit I feel (1 to 10)			

Squat block, round by round: Day 28

R1	R2	R3	R4	R5	R6	R7	R8

What counts as a win

- More reps **or** the same reps at a lower effort number
- A smaller drop from round 1 to round 8
- Breathing back to normal sooner
- Moving from Low-Impact to Standard on even one move
- Simply finishing 28 days. That is the habit that changes things.

WHAT'S NEXT

Weeks 5 to 8: keep going

Same weekly rhythm, three Tabata days, never back to back. Reuse the Week 3 and Week 4 session cards (print extras) and make one change at a time.

Week	Tabata days	Blocks	Change
5	Mon / Wed / Fri	3 / 4 / 4	Repeat Week 4 cards, effort 8
6	Mon / Wed / Fri	4 / 4 / 4	One more move on Standard
7	Mon / Wed / Fri	4 / 4 / 4	Use 4-move blocks (A to D)
8	Mon / Fri	2 / 2	Easier week, re-test on Day 56

Build your own block

- Pair a **standing cardio move** (jacks, knees, rope, fast feet) with a **strength or core move** (squat, lunge, plank, bear).
- Put a floor move **after** a standing move so your heart rate can settle a little.
- Keep the same block for a whole week so you can compare your reps.

Honest notes on results

- Tabata builds fitness: your heart, lungs and stamina. It does not burn fat from one body part.
- Weight change comes from your habits overall: eating, sleep, daily steps and strength training.
- Keep your strength-lite day, or move up to a full strength plan. Muscle matters more with every decade.

Ready for the Standard version?

- The Low-Impact version feels like a 6 or less for all 8 rounds
- Your joints feel normal the next morning
- You can land quietly and softly when you test a few reps
- Switch one move at a time, and go back to Low-Impact any day you need it

CERTIFICATE OF COMPLETION

28-Day Tabata Challenge

This certifies that

_____

showed up for 12 Tabata sessions, 248 rounds,
and finished all 28 days.



_____ _____

Date finished My biggest win

Coach Luke

NASM-CPT | NESTA Nutrition Coach

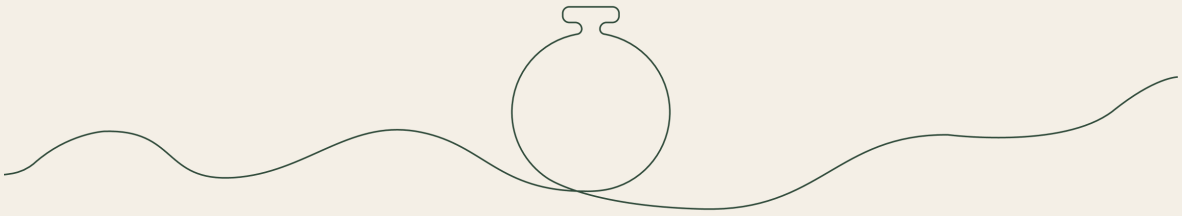
THANK YOU

Before you go

Thank you for training with me for 28 days. Whatever your numbers say, you showed up for yourself three times a week, and that habit is worth more than any single workout.

Three things to remember

- **Effort over ego.** A steady 7 or 8 that you repeat for months beats an all-out 10 that you quit.
- **Low-Impact is not the easy option.** It is the smart option on the days your joints need it.
- **Rest days are training days.** Your body gets fitter between sessions, not during them.



Thank you for supporting a small business. Reply to any coaching email and tell me how it's going. I read every one. For personal use only, please don't share or resell.

Coach Luke

NASM-CPT, CES, PES | NESTA Nutrition Coach | 20+ years coaching

More free workouts and recipes at coachluke.com.

FREE BUYER BONUS

Your free bonus

Thank you for buying from my shop on coachluke.com. Two extras come with your plan, and you don't need to do anything to get the first one.

1. YOUR COACHING EMAILS

28 daily coaching emails from Coach Luke

They start automatically after your purchase. A welcome email arrives right away, then one short email for each of your 28 days: that day's session or rest-day task, one form or pacing tip, and reminders for your Day 1 fitness check, Day 14 check-in and Day 28 re-test. Watch your inbox (and your Promotions tab) for an email from Coach Luke. You can unsubscribe any time.

2. THE FREE RESOURCE LIBRARY

Free printable guides and trackers

Printable guides, checklists and trackers from coachluke.com, all free. Scan the code with your phone camera or tap the link.

coachluke.com/free-library

Trouble with your file or a question about the plan? Email **coach@coachluke.com**.

This plan is general fitness guidance, not medical advice. Read the safety and stop-if list on page 3 first.

