

Body Conditioning #1

MYFITZONE

MyConditioningZone workouts are designed to provide total fitness and overall toning through working every major muscle group in one workout. You will be burning serious fat and tightening your body from head to toe through a range of cardiovascular, toning, strengthening and flexibility movements.

Supersets (20/10 Tabata & 30/15 Strength)

Full Body | Beginner Level

Tabata is a high-intensity workout protocol that has fitness and weight-loss benefits. ... 20/10 means 20 seconds of all-out exercise followed by 10 seconds of rest. Perform Tabata 1 for 2 rounds (total 4 mins) followed by 30 seconds with a 15 seconds rest of each of the strength exercises x 2 rounds (total strength round of 6 mins) before moving on to Superset 2, then Superset 3. Take a short rest between each Superset. Total 30 min workout.

Superset 1

Tabata (20/10 each x2)

- 1 Squats
- 2 Front Jabs
- 3 Toe Touch Squats
- 4 Twisting Jumps

Strength (30/15s each x 2)

- 1 Goblet Squats
- 2 Weighted Lunges
- 3 Wall Sits
- 4 Dead Lift

Superset 2

Tabata (20/10 each x2)

- 1 One Leg Knee To Hand
- 2 Other Leg Knee To Hand
- 3 Squat Leg Raises
- 4 Sumo Walks

Strength (30/15s each x 2)

- 1 Low Squat Front Raises
- 2 Bicep Curl To Shoulder Press
- 3 Tricep Push Backs
- 4 Chest Press Circles

Superset 3

Tabata (20/10 each x2)

- 1 All Fours Leg Raises (Right Side)
- 2 All Fours Leg Raises (Left Side)
- 3 Planks Rotations (Knee Down)
- 4 All Fours Side To Side Hip Planks

Strength (30/15s each x 2)

- 1 Weights Crunches
- 2 Russian Twist
- 3 Kneeling Lean Backs
- 4 Kneeling Side Leans



Don't forget to do a warm up and cool down!



1. We are always keen to know how you got on - you can post your results through on our Facebook page
2. Remember to always work on your technique
3. If you choose to do an easier variation try progressing from there - but make sure you keep your form at all times
4. Don't forget you can contact us through our website, Facebook or email if you have any questions
5. Always consult your doctor before beginning any new exercise program