The Tactical Tabata 30 Day workout program was designed by Army Master Fitness trainer.

Workout 1 (Metabolic Monday) Total Body Workout

- G1. Plank Jacks 2 Min 5 Reps
- F2. Ski Jumps - -
- F1. Ski Abs 4 -
- E4. Plank Arm and Leg Jacks - -
- E3. Chest Opener Jacks - -
- E2. Hop Squat - -
- E1. High Low Plank 2 -
- D2. Plank Butt Kicks - -
- D1. Butt Kicks 4 -
- C4. 2 Wide Pike Ups to Burpees - -
- C3. 2 Squats to Jump Squats - -
- C1. Mountain Climbers 2 -
- B2. Standing Jacks to Vertical Jumps - -
- Workout 2 (Turbo Tuesday) Cardio Conditioning
  - B1. Plank Jacks to In-Out Abs 4 -
- A3. Hop Squats - -
- A2. Half Jacks - -
- F2. Knee Push Up to High Plank - -
- F1. Frog Jumps 4 -
- E3. Lunge Hold - -
- E2. Squat Hold - -
- E1. Low Plank Hold 2 -
- D1. Push Up to Burpee 4 -
- C4. Pop Squats - -
- C3. Diamond Push Ups - -
- C2. Lunge Jumps - -
- A1. Jumping Jacks 3 20 Sec/10 Sec

Workout 3 (Wild Out Wednesdays) Legs & Abs

- G4. Ski Jump - 5 Reps
- G3. Butt Kicks - 5 Reps
- G2. Push Ups - 10 Reps
- D1. Chair Step Up 2 -
- C4. Push Up Hold - -
- C3. Push Ups to Chair Taps - -
- C2. Incline Push Ups - -
- B1. Heel Elevated Split Squats 2 -
- A1. Side to Side Squats 3 20 Sec/10 Sec

Workout 4 (Turned Up Thursday) Upper Body Workouts

- G2. Bicycle Crunch - 5 Reps
- G1. Push Ups 2 Min 5 Reps
- F1. Hand Release Push Ups 2 -
- E4. Crunch - -
- E3. Bicycle Crunch - -
- E1. Oblique Twist 2 -
- C1. Half Sits 2 -
- B4. Back Extension to Push Up - -
- B3. Balance Row - -
- A1. Plank Taps 3 20 Sec/10 Sec

Workout 5 (Fired Up Friday) Cardio 2

- G4. Calf Raise - 5 Reps
- G3. Lunges - 5 Reps
- G2. Leg Raise - 5 Reps
- G1. Squats 2 Min 5 Reps
- E4. Plank Toe Taps - -
- E3. Side Plank - -
- E1. Feet Elevated Plank 2 -
- D4. Squat Hold - -
- D3. Chair Squat Jumps - -
- D2. Chair Squat - -
- C4. Six Inch Holds - -
- C3. Leg Crosses - -
- C2. Flutter Kicks - -
- C1. Leg Raises 2 -
- B1. 2 Squat Pulses to Squat 2 -
- A3. Lunges - -
- A1. Squats 3 20 Sec/10 Sec

Workout 6 (Super Saturdays) Strength Workout w/ Chair

- G2. Jump Squats - 5 Reps
- A1. Walk Outs to Shoulder Taps 3 20 Sec/10 Sec
- G1. Push Ups 2 Min 5 Reps
- C1. Elevated Push Ups 2 -
- B4. Split Squat Pulses - -
- B3. Heel Elevated Split Squat Pulses - -
- B2. Heel Elevated Split Squat Jumps - -
- A3. Jack Punches - -
- A2. Jogs - -
- A1. Jog 3 20 Sec/10 Sec

Exercise Rounds Work/Rest

- Plank 2 Min N/A
- F4. Squats - -
- F1. T Push Ups 4 -
- E4. Low Crunch - -
- E3. Crunches - -
- E2. Superman - -
- D1. Speed Skater 2 -
- C4. Mountain Climbers - -
- C3. Knee Touch Jump Squats - -
- C2. Push Ups - -
- A1. Jumping Jacks 3 20 Sec/10 Sec

INTENSITY WORKOUT

- Time Per Workout: 30-45 Mins
- Days Per Week: 4 Weeks
- Program Duration: 4 Weeks
- Training Level: Beginner
- Main Goal: Lose Fat
- Equipment: Bodyweight
- Author: Marcus Wallace
- Target Gender: Male & Female