

30 Day Tabata Challenge to Level up Your Fitness

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Check out [article](#) for more info

This 30 days of Tabata challenge includes 17 workout days and thirteen rest days.

It will start with a shorter four-minute workout in a day to end with a 30 minute session.

Consistently, following the Tabata workout for thirty days will help you increase your endurance and speed and scale up your fitness level.

Day 1: 4-minute Tabata Workout

Exercise	Work	Interval	Sets
Jumping Jacks	20-sec	10-sec	2
Mountain Climbers	20-sec	10-sec	2
Squat Jump	20-sec	10-sec	2
Push-Ups	20-sec	10-sec	2

Day 2: 10-minute Tabata Workout

Minute	Round 1	Round 2
Minute 1	Burpees	Mountain Climbing
Minute 2	Crunches	Jumping Split Squat
Minute 3	High Knees	Pushups
Minute 4	Kneeling Jump	Leg Raises

Day 3: 10-minute Tabata Workout

Minute	Round 1	Round 2
Minute 1	Jumping Jack	Shoulder Tap
Minute 2	Crunches	Squat Jump
Minute 3	Ankle Hops	Bear Crawl

Minute 4	Kneeling Jump	Side Lunge Jump
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Day 4: Rest

Day 5: 10-minute Tabata Workout

Minute	Round 1	Round 2
Minute 1	Mountain Climber	Dead Bug Crunches
Minute 2	Plank Ankle Taps	Curtsy Lunge
Minute 3	Squat Jump	Inchworm
Minute 4	Pushups	Lunge Front Kick

Day 6: 15-minute Tabata Workout

Minute	Round 1	Round 2	Round 3
Minute 1	Mountain Climber	Diver Pushup	Jumping Split Squat
Minute 2	Plank Ankle Taps	Crunches	Russian Twist
Minute 3	Bear Crawl	Inchworm	Crossbody Mountain Climber
Minute 4	Squats	Shoulder Tap	Lunge Front Kick

Day 7: Rest

Day 8: 15-minute Tabata Workout

Minute	Round 1	Round 2	Round 3
Minute 1	High Knees	Jumping Jacks	Crossbody Mountain Climber
Minute 2	Plank Ankle Taps	Push-ups to Plank	Bear Crawl
Minute 3	Leg Raises	Inchworm	Situps
Minute 4	Pushups	Shoulder Tap	Lunge Front Kick

Day 9: 15-minute Tabata Workout

Minute	Round 1	Round 2	Round 3
Minute 1	High Knees	Squat Jump	Squat Pulses to Jump
Minute 2	Plank Ankle Taps	Crunches	Bear Crawl
Minute 3	Flutter Kicks	Inchworm	Glute Bridge
Minute 4	Plank Jacks	Shoulder Tap	In and Out Squat Jump

Day 10: OFF

Day 11: 20-minute Tabata Workout

Round	Minute 1	Minute 2	Minute 3	Minute 4
1	Jumping Jacks	Pushups	Squats	Situps
2	Burpees	Mt. Climber	Flutter Kicks	Shoulder Tap
3	Inchworm	Split Squat Jump	Reverse Crunches	Glute Bridge
4	High Knees	Alternate Heel Taps	Front Plank	Side Plank

Day 12: OFF

Day 13: 20-minute Tabata Workout

Round	Minute 1	Minute 2	Minute 3	Minute 4
1	Drop Squats	Pushups	Tabletop Crunches	Glute Kickback
2	Burpees	Mt. Climber	Flutter Kicks	Shoulder Tap
3	Squat Thrust	Plank Ankle Taps	Russian Twist	Bear Crawl
4	Ankle Hops	Split Squat Jump	Front Plank	Side Plank Hip Raise

Day 14: OFF

Day 15: 20-minute Tabata Workout

Circuit 1

- Squats
- Pushups
- Mt. Climber
- Plank Ankle Taps

Circuit 2

- Split Squat Jump
- Shoulder Tap
- Squat Thrust

- Glute Kickback

Circuit 3

- Inchworm
- Flutter Kicks
- Plank Ankle Taps
- Bear Crawl

Circuit 4

- Burpees
- Reverse Crunches
- Crossbody Mountain Climber
- [Tuck Jump](#)

Day 16: OFF

Day 17: 20-minute Tabata Workout

- Time for each round: 4 minutes
- Rest after each round: 1-minute
- Total duration: 20 minutes

Round 1

- Ankle Hops
- Situps
- Front Plank
- Side Plank

Round 2

- Split Squat Jump
- Shoulder Tap
- Squat Thrust
- Glute Kickback

Round 3

- Inchworm
- Flutter Kicks
- Plank Ankle Taps
- Bear Crawl

Round 4

- Burpees
- Reverse Crunches
- Crossbody Mountain Climber
- Tuck Jump

Day 18: OFF

Day 19: 20-minute Tabata Workout

- Number of rounds: 4
- Time for each round: 4 minutes
- Rest after each round: 1-minute
- Total duration: 25 minutes

Circuit 1

- Jumping Jacks
- Pushups
- Leg Raises
- Pushup Jacks

Circuit 2

- Squat Jump
- Crossbody Mountain Climber
- Pulse up Ab workout
- Glute Kickback

Circuit 3

- High Knees
- Flutter Kicks
- Plank Ankle Taps

- Bear Crawl

Circuit 4

- Burpees
- Toe Touch
- Plank
- Tuck Jump

Day 20: OFF

Day 21: OFF

Day 22: 25-minute Tabata Workout

- Number of rounds: 5
- Time for each round: 4 minutes
- Rest after each round: 1-minute
- Total duration: 25 minutes

Round 1

- Jumping Jacks
- [Pushup to Row](#)
- Bicycle Crunches
- [Lunge Front Kick](#)

Round 2

- Squat Jump
- Crossbody Mountain Climber
- [Power Maker](#)
- Glute Kickback

Round 3

- High Knees
- Flutter Kicks

- [Knee Tap Push-Up](#)
- Bear Crawl

Round 4

- Burpees
- [Sit Outs](#)
- Plank
- [Pulse with Squat Jump](#)

Round 5

- [Pushup Jack](#)
- Shoulder Tap
- Squat Thrust
- [Side Plank Rotation](#)

Day 23: OFF

Day 24: 25-minute Tabata Workout

- Number of rounds: 5
- Time for each round: 4 minutes
- Rest after each round: 1-minute
- Total duration: 25 minutes

Circuit 1

- High Knees
- Pushups
- Squats
- Situps

Circuit 2

- Squat Jump
- Crossbody Mountain Climber
- Diver Pushup
- Glute Kickback

Circuit 3

- Frog Jumps
- Flutter Kicks
- In and Out Jump
- V ups

Circuit 4

- [Turkish Get-up](#)
- Alternate Heel Tap
- Plank
- Burpees

Circuit 5

- Lunge Jump
- Shoulder Tap
- Squat Thrust
- Side Plank

Day 25: OFF

Day 26: 30-minute Tabata Workout

- Number of rounds: 5
- Time for each round: 4 minutes
- Rest after each round: 2-minute
- Total duration: 30 minutes

Rounds 1 & 4

- Burpees
- Pushups
- Shoulder Tap
- Alternate Heel Tap

Rounds 2 & 5

- Squat Jump
- Crossbody Mountain Climber
- Diver Pushup
- Side Plank

Rounds 3 & 6

- Frog Jumps
- Flutter Kicks
- Turkish Get-up
- Plank

Day 27: OFF

Day 28: 30-minute Tabata Workout

- Number of rounds: 5
- Time for each round: 4 minutes
- Rest after each round: 2-minute
- Total duration: 30 minutes

Circuits 1 & 4

- Squat Jump
- Pushups
- Shoulder Tap
- Lunge Front Kick

Circuits 2 & 5

- Tuck Jump
- Situps
- Diver Pushup
- Plank

Circuits 3 & 6

- Mountain Climbers
- Flutter Kicks
- [Grappler pushup](#)
- Glute Kickback

Day 29: OFF

Day 30: 30-minute Tabata Workout

- Number of rounds: 5
- Time for each round: 4 minutes
- Rest after each round: 2-minute
- Total duration: 30 minutes

Rounds 1 & 4

- Squat Jump
- Pushup Jack
- Pulse with Squat Jump
- Alternate Heel Tap

Rounds 2 & 5

- Bear Crawl
- Jumping Jack
- [Diver Pushup](#)
- Side Plank

Rounds 3 & 6

- Mountain Climber
- Flutter Kicks
- Shoulder Tap
- Plank

Top 3 Equipment for Working out at Home:

1. [Amazon Basics Exercise Mat](#)
2. [Ab Roller Wheel](#)
3. [Stackable Exercise Bands](#)

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- [Ultimate 6 Week HIIT workout plan with PDF](#)
- [The Ultimate HIIT Exercises List with PDF](#)
- [A full-body HIIT workout at home- No EQUIPMENT](#)
- [The 5 Best Tabata Workout Plan with PDF \(Newbie to Pro\)](#)

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