Turkey Tabata Challenge

by Bad Dog Rebel Fitness & Yoga

keep moving through turkey week!

5 days, 3 different challenge options
can be done with or without a partner

#BDRFYturkeytabatachallenge

Turkey Tabata Challenge

Warm Up & Cool-Down/Stretch

Before jumping into any of these tabatas, please take a moment to warm-up. If you've managed to wrangle a friend or family member into working out with you -- just spend some time dancing your butts off to a song you love or being stupid, wrestling on the floor or something like that. But, if you want a more formal video warm-up, you will find two options in the Turkey Tabata Challenge playlist: 5 minute EDT Cardio & Morning Movement #1. The 5 minute EDT will be a nice, gentle warm-up. This'll be perfect if you've just been sitting on the couch for a couple of hours. The Morning Movement #1 video will be a bit more intense and require you to get down on the floor.

After completing any of these tabatas (even if it's only one round!), please take a moment to stretch. If you want some formal guidance for stretching, use the 5-min stretch video, which will get you down on the ground or the 10-min standing stretch video.

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Turkey Tabata Challenge

"The Kids' Table"

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Turkey Tabata #1	Turkey Tabata #2	Turkey Tabata #3	Turkey Tabata #4	Turkey Tabata #5

Grab a spouse, friend or family member and do as many rounds of the day's tabata as you want to and not a single round more. Be as random as possible. Do these 4 minute workouts whenever you want. Want to do one just before dinner? Great! Want to do ten rounds in a row, first thing in the morning? Awesome. Want to do one in the morning, one after you get home from the parade, three rounds right before bed? Want to fold your arms, stomp your feet, pout and scream that you refuse to do any turkey tabata at all!? You do your turkey tabata thang, baby! You're at The Kid's Table. It's basically thunderdome. Enjoy yourself and have all the fun you can!

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"The Grazer"

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
before noon	TT1	TT5	TT4	TT3	TT2
before 3pm	TT2	TT1	TT5	TT4	TT3
before 6pm	TT3	TT2	TT1	TT5	TT4
before 9pm	TT4	TT3	TT2	TT1	TT5

Grab a spouse, friend or family member and do one round of the specified tabatas throughout each day. Want graze more heavily on these little movement snacks? Add a round or three each time. Or add an additional tabata of your choice before 9am!

Turkey Tabata Challenge

"The Gobble Gobble"

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
before noon	Turkey Tabata	Turkey Tabata	Turkey Tabata	Turkey Tabata	Turkey Tabata
before 6pm	2 rounds of TT1	2 rounds of TT2	2 rounds of TT3	2 rounds of TT4	2 rounds of TT5

You want it all baby! So, grab a spouse, friend or family member and do one round of the whole kit and kaboodle in the morning then rest for a while and do a couple more rounds of the specified tabata any time before dinner! Saying "gobble gobble" at least one time out loud is a requirement of this particular version of the challenge. Video evidence is preferable. jkjkjk. Gobble! Gobble!

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