**TABATA Time!**

What is Tabata Training?

* Tabata training was created by a Japanese scientist named Dr. Izumi Tabata.
* True Tabata workouts combine 20 seconds of vigorous activity with 10 seconds of rest in between each set.
* We may adjust our timing and intensity throughout the module, but it’s important to understand the history behind our workouts.
* Dr. Tabata’s research showed that even 4-minute workouts using his timing formula can have positive results on a person’s overall fitness.

We’ll focus on 2 types of Tabata activity routines – One and Done, and Double or Nothing. Then, you can use the blank routine chart to create your own workout.

**One and Done**

This format is called “one & done” because each

exercise is only done 1 time during the routine.

|  |  |  |
| --- | --- | --- |
| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Jumping Jacks** (20 seconds)  Rest 10 seconds | **0:00** |
| **2** | **Lunges** (20 seconds)  Rest 10 seconds | **0:30** |
| **3** | **Hold Plank Position** (20 seconds)  Rest 10 seconds | **1:00** |
| **4** | **Invisible Jump Rope** (20 seconds)  Rest 10 seconds | **1:30** |
| **5** | **Squats** (20 seconds)  Rest 10 seconds | **2:00** |
| **6** | **Plank Leg Raises** (20 seconds)  Rest 10 seconds | **2:30** |
| **7** | **Jog in Place with High Knees** (20 seconds)  Rest 10 seconds | **3:00** |
| **8** | **Plank Arm Raises** (20 seconds)  Rest 10 seconds | **3:30** |