



TABATA FITNESS

What is Tabata?

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. People often adjust the timing and intensity of interval workouts, but it's important to understand the history behind the method. Dr. Tabata's research showed that even 4-minute workouts using his timing formula can have positive results on a person's overall fitness.

Tabata focus's on **CARDIOVASCULAR ENDURANCE**. Cardiovascular endurance (cardio for short) is the ability of the heart, lungs, and blood vessels to supply oxygen and nutrient to the muscles during long periods of exercise. Ready to build your cardiovascular endurance?! Click the activity link below to get moving and have fun:

- Reminder to practice safe social distancing. All of the exercises in this packet were designed to allow youth to remain a minimum of 6 feet apart.

TABATA LEGS

Set #	Exercise Name	Interval Start
1	Exercise: Squats (video)	0:00
	Rest 10 Seconds	
2	Exercise: Squat Step-Ups (video)	0:30
	Rest 10 Seconds	
3	Exercise: Toe-Tap Hops (video)	1:00
	Rest 10 Seconds	
4	Exercise: Jumps (video)	1:30
	Rest 10 Seconds	
5	Exercise: Lunges (video)	2:00
	Rest 10 Seconds	
6	Exercise: Reverse Lunges (video)	2:30
	Rest 10 Seconds	



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7	Exercise: Bounces (video)	3:00
	Rest 10 Seconds	
8	Exercise: Squats (video)	3:30
	Rest 10 Seconds	

TABATA MIX ROUTINE 1

Set #	Exercise Name	Interval Start
1	Exercise: Squats (video)	0:00
	Rest 10 Seconds	
2	Exercise: Plank Shoulder Taps (video)	0:30
	Rest 10 Seconds	
3	Exercise: Jumps (video)	1:00
	Rest 10 Seconds	
4	Exercise: Jumping Jacks (video)	1:30
	Rest 10 Seconds	
5	Exercise: Squats (video)	2:00
	Rest 10 Seconds	
6	Exercise: Plank Shoulder Taps (video)	2:30





	Rest 10 Seconds	
7	Exercise: Jumps (video)	3:00
	Rest 10 Seconds	
8	Exercise: Jumping Jacks (video)	3:30
	Rest 10 Seconds	

