Pure Tabata

**Check with your physician before attempting an exercise program.*

A lot of workouts have the word Tabata in the name, but they are not pure Tabata workouts. There is a reason why the intervals are a certain length (20 secs max/10 secs rest x 8 rounds) and why there is a rest period between sets (2 mins). Much research went into the design of the highly effective Tabata protocol, but over the years the name has been widely misused and marketed. I just watched a video on "easy" Tabata. That is impossible. The entire premise of the short Tabata workout, and the reason for its effectiveness, is that each movement is to be performed at near maximum effort. We started out with Pure Tabata; we were left laying on the floor in a pool of sweat with muscles quivering. As we got fitter, adapted to the intensity of the overload, and frankly became a bit bored, we started adding "extra" rounds of Tabata, mixing it with HIIT and strength exercises and challenging ourselves to what felt like a more difficult workout. But…..can you continue to work at near maximum intensity if you lengthen the duration of the workout? No. The research used to test the results of the Tabata protocol used athletes, this is not a beginners training exercise! Read about the research here:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3772611/

Tabata Timer – Download an APP

20/10	8 x
2 mins	1 x
20/10	8x
2 mins	1x
20/10	8x
2 mins	1x

TABATA

Warm Up First

20 seconds maximum effort/10 seconds rest. Repeat 8x (4 mins)

2 minute active recovery break, keep moving

Repeat intervals with a different exercise that uses large muscles to keep heart rate high. Repeat the 2 minute rest.

Do a final round of Tabata for 4 mins and active recovery 2 mins.

Stretch and cool down. Total time 20 to 24 minutes

Suggested exercises:

- Burpees
- Squat variations
- Plyometric moves
- High knees
- Lunge variations

Doing the same exercise for 4 minutes is very challenging, mentally and physically. Try to master this PURE TABATA before alternating exercises, adding resistance, or making modifications.

Have FUN with your Tabata exercise sessions and as you progress you can add equipment, but limit these short/intense sessions to 1 or 2 per week.