



## H3 Tabata Training

Tabata training is a form of High Intensity Interval Training (HIIT) that has proven to increase fitness levels quickly. The workout is very adaptable for different fitness levels and requires very little equipment. Tabata intervals alternate 20seconds of work and 10seconds of recovery.

### Aerobic Components:

- Jumping Jacks (20s on/10s off) x 6-8 4 minutes
  - Modify stepping one foot out at a time 60 second to 2min recovery
- Kettle-bell/DB swings (20s on/10s off) x 6-8 4 minutes 60s to 2min recovery
  - Chest and back upright
- Up-downs (20s on/10 s off) x 6-8 4 minutes 60s to 2min recovery
  - Weight in heels, Chest tall
- Mountain Climbers (20s On/10s Off) x 6-8
  - Modify standing knee raise to elbow 4 minutes 60s to 2min recovery

### Resistance Training Components:

- Body squats (20s on/10s off) x 6-8 4 minutes 60s to 2minute recovery
  - Weight always in heels, knees behind toes
- Push-Ups \*Modify on wall (20s on/10s off) x 6-8 4 minutes 60s to 2minute recovery
  - Back flat entire range of exercise
- Alternating lunges (20s on/10s off) x 6-8 4 minutes 60s to 2minute recovery
  - \*Knees always behind toes
- Sit-Ups (20s on/ 10s off) x 6-8 4 minutes 60s to 2minute recovery
  - Modify with crunches

- H = High Impact, L = Low Impact
- Pay close attention to technique when performing Tabata Training.
- During Cardiovascular portions participants should turn to the “Talk Test” – the ability to talk, but not be able to carry on a full conversation. This test should dictate intensity
- Planning a “Tabata Strength” session should focus on all major muscles groups. Pick one exercise for the legs, back, chest, shoulders, arms or core.

### Additional Exercise Choice Options

<u>AEROBIC</u>	<u>STRENGTH</u>	<u>CORE</u>
Medicine Ball Slams (L) Cross Country Ski's (L) Step ups w/Knee Raise (H) Steps with Leg Kicks (L) Jump Squats (H) Box Jump (H) Boxing Jabs (L) High Knees (H/L) Seal Jacks (L) *Combo any of the movements	Lunges (H) Partial Lunge (L) Wide Leg Squats (L) Bent-Over Rows w/DBs (L) Single Arm DB Rows (L) Body Rows on Bar (L) DB Chest Presses (L) DB Chest Flyes (L) Reverse Flyes Tricep Dips (H) Tricep Extensions (L)	Hollow Rock (H) Bicycle Crunches (H) Flutter Kicks (H) Reverse Crunches (L) Alternation Knee Crunches (L) Planks (H) Side Oblique Crunches (L) Fitball Rollouts from Knees (L) Double Crunches (H)