



Taking on Tabata

Can you improve your fitness level in just 4 minutes?

Physical Education Enrichment Activity Lesson 2





What is Tabata??

- **Tabata** is an **interval** training type workout named after the Japanese scientist, Dr. Izumi Tabata.
- **Tabata** style workouts combine **20 seconds** of **VIGOROUS** activity with **10 seconds of rest** repeated 8 times.
- Dr. Tabata's research showed that even a 4-minute workout using his timing formula can have positive results on a person's overall fitness.

Do you have 4 minutes?

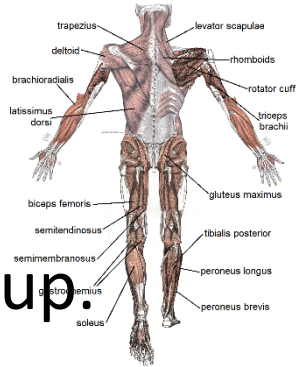


LIMITLESS Possibilities

"Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless."

– Jamie Paolinetti

- Tabata style workouts are a **fun** and **fast** way to improve fitness levels.
- They can be designed to target a particular muscle or muscle group.
- They can be designed to target a health-related fitness component.
- No equipment is necessary.
- Great if you are short on space!!
- If you have more time or energy you can group together various rounds of Tabata for a longer workout!!
- The **possibilities** are **endless**!



Examples of Tabata type workouts

- A variety of **Tabata** workouts can be found on YouTube
- A variety of **Tabata** music can also be found on YouTube already set up for 20 seconds on and 10 seconds rest
- Do some **Tabata** Research!!
- Here is a fun example of a **Tabata** workout <https://video.link/w/nGKud>
- Here is an example of **Tabata** music <https://video.link/w/nGKud>

Design your own TABATA workout!

- After watching a Tabata style workout
- Design your own Tabata style workout to enhance your own fitness
- Choose **8 exercises** from the following **EXERCISE VIDEO LIBRARY**



<https://darebee.com/video.html>

- Write down your Tabata
 - See sample to right
 - Choose music
 - Get ready to **EXERCISE**
 - **Remember:** You are the designer
- So modify as needed!**

4-Minute Tabata [Blank Card for Student Assessment]

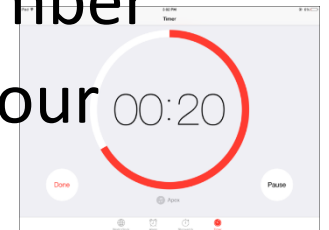
Set #	Exercise Name	Interval Start
1	Exercise:	0:00
	Rest 10 Seconds	
2	Exercise:	0:30
	Rest 10 Seconds	
3	Exercise:	1:00
	Rest 10 Seconds	
4	Exercise:	1:30
	Rest 10 Seconds	
5	Exercise:	2:00
	Rest 10 Seconds	
6	Exercise:	2:30
	Rest 10 Seconds	
7	Exercise:	3:00
	Rest 10 Seconds	
8	Exercise:	3:30
	Rest 10 Seconds	



TIME to MOVE



- Dress appropriately for movement and water is always a good idea
- Before beginning a **Tabata** workout please remember to **warm-up**
- A **Warm-Up** should prepare your body for exercise by increasing your heart rate, raising your body temperature and warming up your muscles. Depending on your space here are some suggestions: jogging in place, jumping jacks, dynamic stretches...
- Challenge yourself to perform your own **Tabata** – 4 minutes
- Repeat if you are having fun, share with a parent or family member
- **Cool Down** if necessary – bring your heart rate down, return your body to its pre-exercise state (resting state), and stretch.



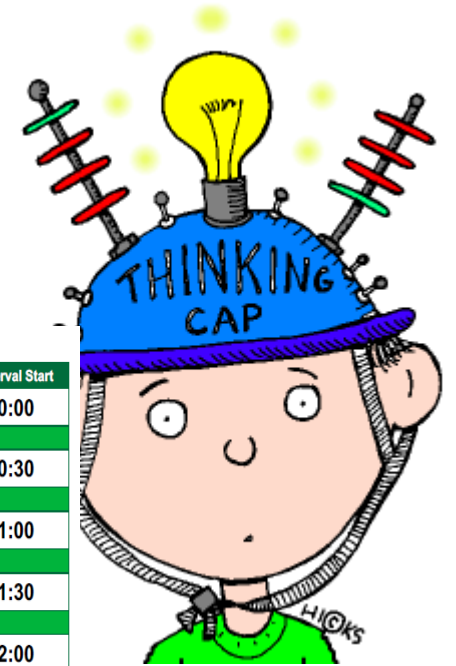
How did you do?

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity It feels almost impossible to keep going. I'm completely out of breath and can't talk. I can't keep this up for long.
9	Very Vigorous Activity It's really hard to maintain this intensity. I can barely breathe and can only speak a few words at one time.
7-8	Vigorous Activity This is almost uncomfortable. My breathing is very heavy, but can speak a full sentence.
4-6	Moderate Activity My breathing is heavy, but can hold a short conversation. I'm not uncomfortable, but I can feel the challenge in the activity.
2-3	Light Activity I can maintain this activity for hours. It's easy to breathe and carry on a conversation.
1	Very Light Activity I don't have to try hard at all, but I'm not watching TV or taking a nap.

- **Interval training** is short bursts of **VIGOROUS** exercise followed by typically shorter periods of rest repeated a number of times.
- **Tabata** is 20 second **intervals** followed by 10 seconds of rest.
- **Using the chart did you achieve a vigorous interval??**
- **What did you think?** Choose all that apply.
- ☐ This was fun!
- ☐ Not for me.
- ☐ I would do a Tabata workout again.
- ☐ It was challenging.

Think of all the fitness possibilities.

Challenge yourself to 4minutes, 8minutes, 12 minutes...



4-Minute Tabata for Aerobic Capacity

Set #	Exercise Name	Interval Start
1	Exercise: Burpees	0:00
	Rest 10 Seconds	
2	Exercise: Mountain Climbers	0:30
	Rest 10 Seconds	
3	Exercise: Jumping Jacks	1:00
	Rest 10 Seconds	
4	Exercise: Jogging in Place with High Knees	1:30
	Rest 10 Seconds	
5	Exercise: Burpees	2:00
	Rest 10 Seconds	
6	Exercise: Mountain Climbers	2:30
	Rest 10 Seconds	
7	Exercise: Jumping Jacks	3:00
	Rest 10 Seconds	
8	Exercise: Jogging in Place with High Knees	3:30
	Rest 10 Seconds	

4-Minute Tabata for Flexibility

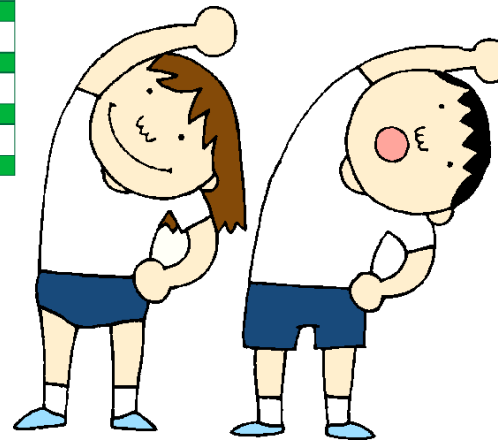
Set #	Exercise Name	Interval Start
1	Exercise: Shoulder Stretch (15 seconds on each arm)	0:00
	Rest 10 Seconds	
2	Exercise: Cross Leg Stretch (15 seconds then switch)	0:30
	Rest 10 Seconds	
3	Exercise: Chest Raises	1:00
	Rest 10 Seconds	
4	Exercise: Figure 4 Stretch (15 seconds on each leg)	1:30
	Rest 10 Seconds	
5	Exercise: Shoulder Stretch (15 seconds on each arm)	2:00
	Rest 10 Seconds	
6	Exercise: Cross Leg Stretch (15 seconds then switch)	2:30
	Rest 10 Seconds	
7	Exercise: Chest Raises	3:00
	Rest 10 Seconds	
8	Exercise: Figure 4 Stretch (15 seconds on each leg)	3:30
	Rest 10 Seconds	

4-Minute Tabata for Muscular Endurance

Set #	Exercise Name	Interval Start
1	Exercise: Plank Jacks	0:00
	Rest 10 Seconds	
2	Exercise: Mountain Climbers	0:30
	Rest 10 Seconds	
3	Exercise: Curl-ups	1:00
	Rest 10 Seconds	
4	Exercise: Plank Position	1:30
	Rest 10 Seconds	
5	Exercise: Plank Jacks	2:00
	Rest 10 Seconds	
6	Exercise: Mountain Climbers	2:30
	Rest 10 Seconds	
7	Exercise: Curl-ups	3:00
	Rest 10 Seconds	
8	Exercise: Plank Position	3:30
	Rest 10 Seconds	

4-Minute Tabata for Muscular Strength

Set #	Exercise Name	Interval Start
1	Exercise: Side-to-Side Lunges	0:00
	Rest 10 Seconds	
2	Exercise: Walking Push-ups	0:30
	Rest 10 Seconds	
3	Exercise: Air Squats	1:00
	Rest 10 Seconds	
4	Exercise: Crunches	1:30
	Rest 10 Seconds	
5	Exercise: Side-to-Side Lunges	2:00
	Rest 10 Seconds	
6	Exercise: Walking Push-ups	2:30
	Rest 10 Seconds	
7	Exercise: Air Squats	3:00
	Rest 10 Seconds	
8	Exercise: Crunches	3:30
	Rest 10 Seconds	



Create your own fitness collection of Tabata !!