

## TABATA:

This workout is a form of high intensity interval training is designed to get your heart rate up in that very hard anaerobic zone for short periods of time. By doing this, you train all of your energy systems. The very short rest between exercises isn't enough to allow you to fully recover, which is the reason why it's great for building endurance and getting you in shape.











! Make sure you are thoroughly warmed up before doing this tabata.

! You really need to push yourself as hard as you can for the 20 seconds of exercise.

### HOW ?

- 20 seconds of the first exercise of tabata 1 (skipping)
- 10 seconds of rest
- 20 seconds of the second exercise of Tabata 1 (180 squat jumps)
- 10 seconds of rest
- Repeat the above 3 more times
- After 4 reps of Tabata 1 you can take a break of 30 seconds & move on to Tabata 2, 3, 4, 5 and 6 following the same guidelines.

→ Total duration of 27min (including rest & breaks)

<b>TABATA 1</b>	Skipping	180 squat jumps
		
<b>TABATA 2</b>	Alternating jumping jacks	Push ups
		
<b>TABATA 3</b>	Tuck jumps	Plank shoulder taps
		
<b>TABATA 4</b>	Burpees	Mountain climbers
		
<b>TABATA 5</b>	Commandos	Squat jacks
		
<b>TABATA 6</b>	Bent leg jackknifes	Plank
	