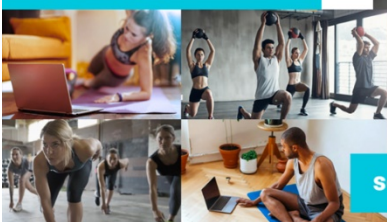


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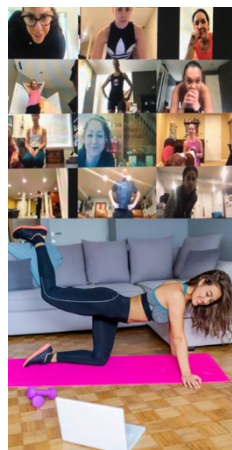
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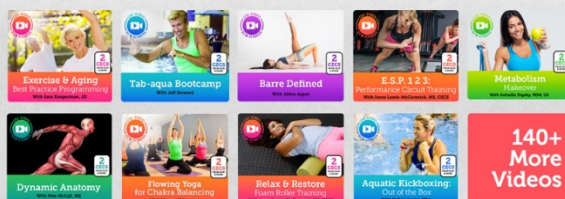
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# TABATA QUICKIES

CREATED BY  
JEFF HOWARD  
[FINDMRJEFF@YAHOO.COM](mailto:FINDMRJEFF@YAHOO.COM)

# Tabata Bootcamp QUICKIES

40/30/20= 2 MINUTES

WHY?

WITH CHANGE WE GET CHANGE

OUTCOME

HARD HARDER HARDEST

FORMAT

FORCES

Cardio and Strength wins the race for weight loss

# The Structure

30-60 Minute Workout

40-30-20 Timing

Hard - Harder - Hardest

Lower body / Upper body / Core

or

Lower body / Upper body / Core with Tabata's

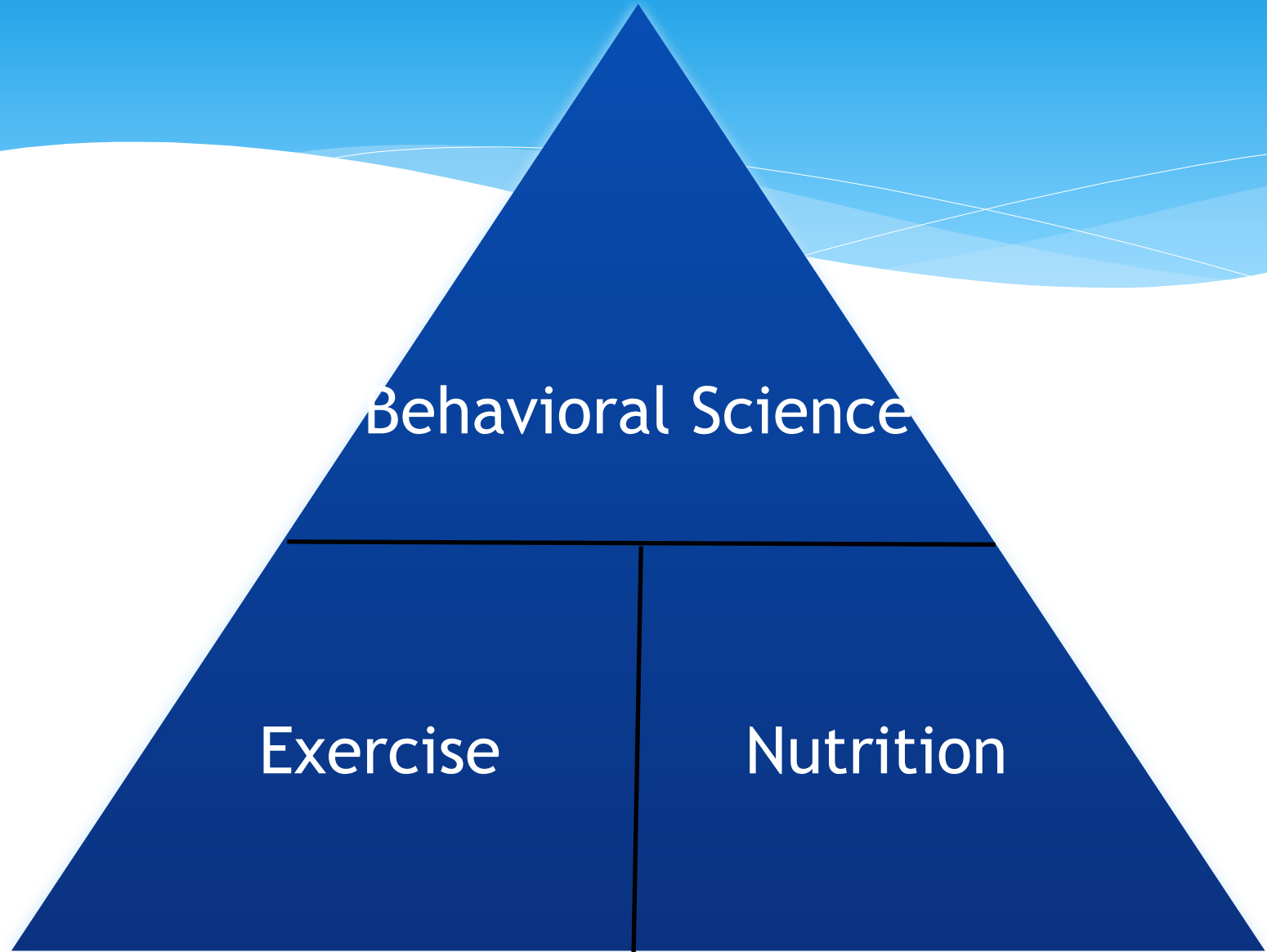
or

Total Body 30 minute

or

Combo with Tabata's

# The Pillars of Tabata Bootcamp





# The Story

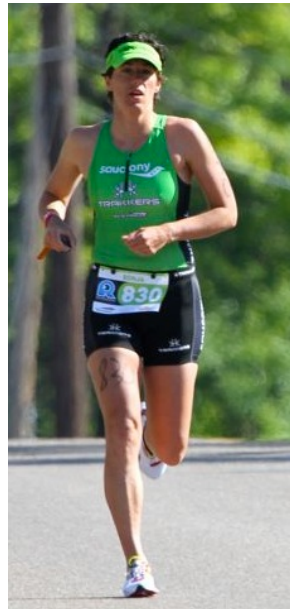


# The Science Aerobic vs Anaerobic

Steady State



HIIT



TABATA



# Steady State vs. HIIT Training

## Duration

- Interval 20 minutes or longer
- HIIT 20 minutes or less

## Time of Working to Rest Ratio

Varies -  $1/3$ ,  $1/2$ ,  $1/1$  Positive

Varies -  $3/1$ ,  $2/1$  Negative

## Intensity

- HIIT is higher intensity then interval



# Tabata Training

Created by Izumi Tabata - Researcher at Japan's National Institute of Fitness and Sport

Highest interval training on the planet

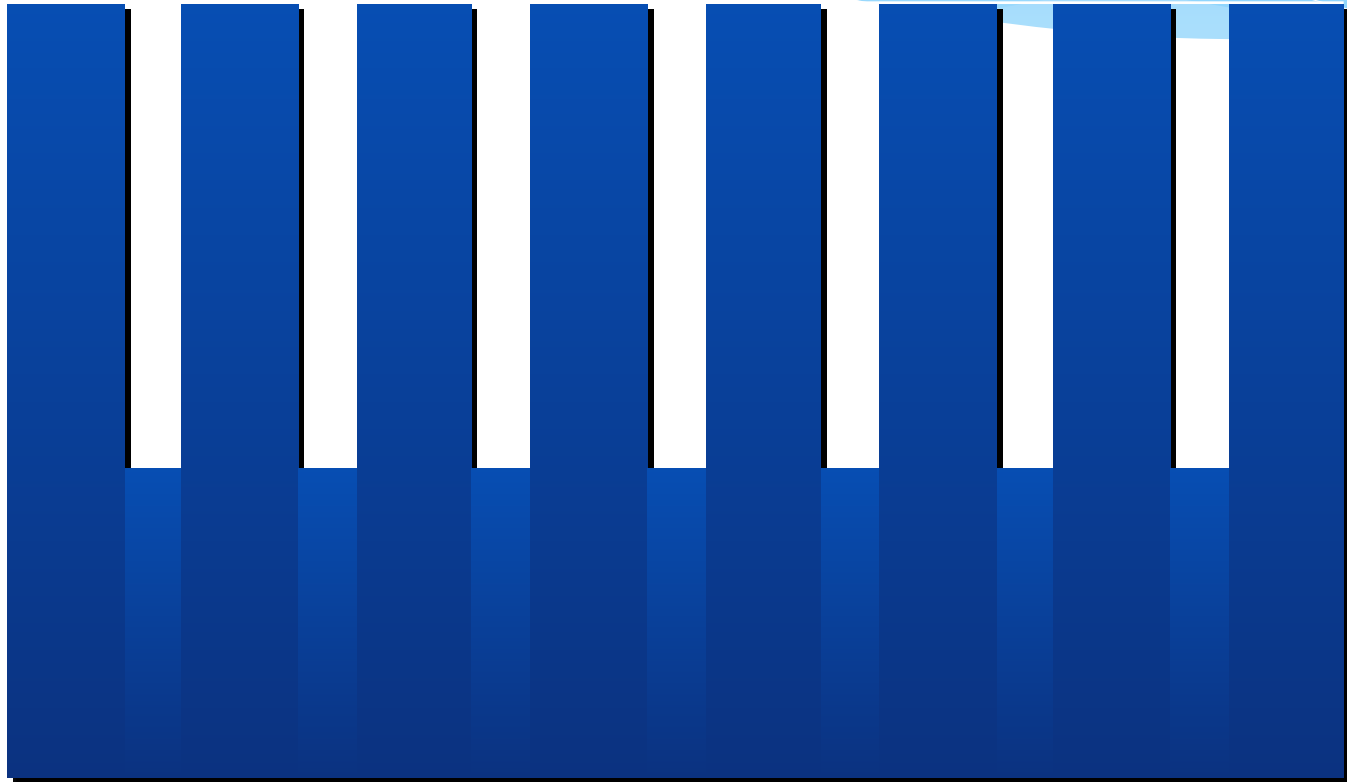
4 minutes total

20 seconds of work, 10 seconds rest

8 cycles

Cardio

# Tabata Timing

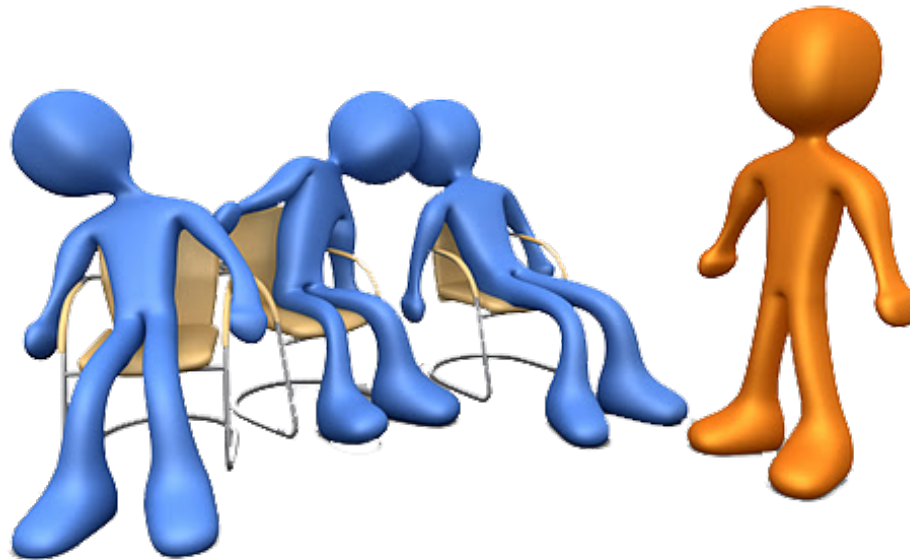


# Tabata Exercises



# EPOC

Excess Post-exercise Oxygen  
Consumption



Tabata  
SKI  
ARMS  
PLYO SKI  
JACK  
ARMS  
PLYO JACK



# Tabata INTENSITY

PENDULUM

VELOCITY

VELOCITY

TUCK JUMP

VELOCITY

VELOCITY

Functional Movement

CHOP (ONE LEG)

LATERAL PRESS

CHOP (ONE LEG)

IN LINE SKATE



# Upper Body

- CHEST STROKE
- REVERSE SCOOP
- CHEST PRESS
- PUSH BACK

# Create Your own Tabata Workouts

- HARD-HARDER-HARDEST
- INTENSITY COACHING
- Tabata Timing