SCW
MANIA®
Fitness Pro Conventions
scwfit.com/MANIA

MANIA® Attendee Exclusive Content
Session & Cert Evaluations
Outlines & Handouts
MANIA® Schedule
Get Your CECs
Short MANIA Survey
Expo Coupons & Discounts
MANIA Fitness Pro Conventions
MANIA Attendee Exclusive Content
scwfit.com/attendee

#SCWMANIA
@SCWfitness
facebook.com/scwfitness
twitter.com/scwfitness
instagram.com/scwmania

20% OFF!
$6.58/Month or
$79/year
(Norm. $8.25 month or $99/year)
USE CODE: MANIA20
500+
Educational Videos
70+
Leading Presenters
20+
Fitness & Health Topics Available
SCW
On Demand
scwfit.com/OnDemand

ACTIVE AGING
ACTIVE AGING NUTRITION
AQUA BARRE
AQUATIC EXERCISE
BARRE
BOXING
CORE TRAINING
FLOWING YOGA
FOAM ROLLING
FUNCTIONAL FLEXIBILITY
FUNCTIONAL PILATES
GROUP EXERCISE
GROUP FITNESS DIRECTOR/STUDIO OWNER
GROUP STEP
GROUP STRENGTH
HIIT
KETTLEBELL
KIDS IN MOTION
LIFESTYLE & BEHAVIORAL COACHING
MEDITATION
MIND BODY FUSION
MOMS IN MOTION
NUTRITION, HORMONES & METABOLISM
PERFORMANCE STABILITY TRAINING
PERSONAL TRAINING
PILATES MATWORK
PILATES SMALL APPARATUS
SMALL GROUP TRAINING
SOCIAL MEDIA
SPORTS NUTRITION
T'AI CHI
WATERINMOTION®
WEIGHT MANAGEMENT
YOGA I & II
SCW
CERTIFICATIONS
35+ NATIONALLY RECOGNIZED.
ONLINE + LIVE.
FREE LIVE COURSE included with every Online Certification within 1 year
scwfit.com/certifications
SCW AFAA ACE NASM AEA NFPT

CEC VIDEO
SCW FITNESS
ONLINE CEC VIDEOS
Earn CECs in the comfort and convenience of your home!
Exercise & Aging
Tab-aqua Bootcamp
Barre Defined
E.S.P. 1 2 3:
Metabolism
Dynamic Anatomy
Flowing Yoga for Chakra Balancing
Relax & Restore
Aquatic Kickboxing
140+ More Videos
scwfit.com/CECS

TAB- AQUA BOOTCAMP

CREATED BY
JEFF HOWARD
FINDMRJEFF@YAHOO.COM

- **THEORY; What Is Tabata Training? What Are the Benefits of Tabata Training?**
  While it may seem like Tabata training is the latest workout trend that's sweeping gyms everywhere, it's not exactly a brand new concept. In fact, it originated from the exercise research of Dr. Izumi Tabata. Dr. Tabata used a very specific method of interval training for his 1996 study published in the journal *Medicine & Science in Sports & Exercise*. In the study, he had cyclists perform 20 seconds of all-out effort followed by 10 seconds of rest. The participants repeated seven to eight sets of the exertion-rest intervals, equaling just about 4 minutes of actual workout time. The results were so striking that this type of training was named after its creator, hence "Tabata" training.

  Subjects who performed Tabata training five days a week for six weeks (a total of 120 minutes of exercise over the month and a half) improved both their aerobic and anaerobic endurance. In fact, subject's *anaerobic* fitness increased by a whopping 28%. The control group exercised the same number of days, but for a full hour per session at a moderate intensity (for a total of 1,800 minutes over the study period). They also saw fitness improvements—but only in aerobic fitness—and it took them much, much more time exercising to achieve those gains

- **Does It Really Work?**
  A number of studies have suggested that Tabata training does, in fact, work. Further studies have also made a case for Tabata training and other variations of high intensity interval training. A 2007 study in the *Journal of Applied Physiology* found that seven sessions of high intensity interval training over two weeks resulted in marked increases in whole body and skeletal muscle capacity for fatty acid oxidation during exercise in moderately active women. A 2009 study from the same journal found that young men cycling to maximum effort for four bouts of 30 seconds with four minutes of rest doubled their metabolic rate for three full hours after training. Also, a 2008 study in the *Journal of Physiology* found that these short, yet intense types of interval workouts can be a time-efficient way to get in shape and may help participants achieve fitness improvements comparable to longer, less-intense workouts.

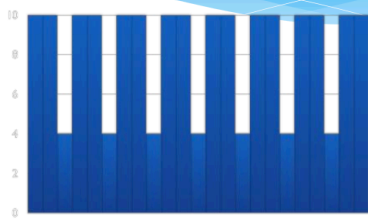
- **How Can I Incorporate Tabata Training into My Workouts?**
  Adding Tabata training into your workouts is easy! Swap one to two of your usual cardio workout's add a quick Tabata training. Remember, you're doing precisely 20 seconds of maximum effort followed by just 10 seconds of rest for a total of seven to eight intervals.

Types of tabatas

- **Types of Tabatas**
- **True Tabatas= 20 seconds intensity exercise followed by 10 seconds rest, repeated continuously for 4 minutes (8cycle) same exercise; when choosing a true tabata primarily for strength gain and secondarily for cardio. Example land squat jump**
- **Example water**

* **Tabata Type =2-4 exercises are combined to create 4 minutes experience, mogul, ski**
* **Example water**
* _____

Tabata Timing

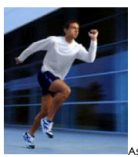


* **Tabata Timing=this can include up to 4 exercises that are linked together by 20/10 tabata model but is hard but not hardest.**

Epoc: The phrases EPOC and **EPOC Training** get thrown around a lot these days. A lot of people have heard about EPOC but are unaware what the term really means.

Let me clarify.

When we begin to exercise, our body decides which energy system to use depending on the intensity of the exercise. At the start of exercise, depending on the difference between the demands before exercise and during exercise, there is usually a short delay in meeting necessary oxygen demands. This is why a warm-up is so crucial!



As we progress our activity, the oxygen demands are eventually met (the time is dependent on intensity).

When we stop exercising and the need for a higher supply of energy is reduced, the body continues to take in extra oxygen – more than would ordinarily be consumed at rest in the same time period.

This excess oxygen is what we refer to as EPOC or Excess Post-Exercise Oxygen Consumption. This oxygen is used for recovery processes that bring the body back to steady state.

EPOC has many responsibilities but all you need to know is that it's used for recovery and replenishment of your energy systems.

So why is this important for you?

After exercise, the body continues to expend energy to assist with the recovery of the energy systems. Thus, the longer the recovery period, the longer your body continues to expend energy.

It's very simple. By incorporating some high-intensity workouts in your weekly routine, you will not only burn more calories during the workout, but you will burn additional calories during the recovery period.

Higher intensity = larger oxygen deficit/longer recovery period = more post-workout calories burned.

Benefits

* **Benefits in water; takes your participant to the next level, suitable to all participants**

Tabata Exercises
True Tabata

Tuck jumps
hands up
optional

Tabata Type

PLYO SKI
PLYO JACK

Tabata Type 2

PENDULUM
SINGLE LEG L
SINGLE LEG R
STAR JUMP

hacky sack
frog jump
hamstring jog
hamstring jump

4 jabs two stars
jabs
stars
2 jabs 2stars
2jabs 1 star

Upper Body

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

Create Your own Tabata Workouts

- True Tabata
- Tabata Type
- Tabata Timing

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