

Name: \_\_\_\_\_

## Make Your Own Tabata Workout

Here's an example: NY Sports Tabata Workout - <https://youtu.be/ixlXUvmN3yU>

### What is Tabata?

Each exercise in a given Tabata workout lasts only **four minutes**, but it's likely to be one of the longest four minutes you've ever endured because of how intense it is. The structure of the workout is as follows:

- **Work out hard for 20 seconds**
- **Rest for 10 seconds**
- **Complete 8 rounds**

You push yourself as hard as you can for 20 seconds and rest for 10 seconds. After 8 rounds, you can complete the workout as many times as you feel comfortable. Tabata is always better with music, so create a playlist to help keep you motivated!

Suggested exercises to choose from: Mountain Climbers, Burpees, Squats, Jump Rope, Plank, Shoulder Tap Plank, Tree Pose, Forward Lunges, Suitcases, Cherry Pickers, Stand Up Crunches, Sit Ups, Star Jumps, Inch Worms, Backward Lunges, Jumping Jacks, Karate Kicks, Reverse Crunches, High Knees, Donkey Kicks, Tricep Dips, Chin Ups, Plank Rotations, Bicycle Crunches, Flutter Kicks, Bridges, Supermans, Star Plank, Leg Raises, Alternate arm/leg Planks, Clapping Push Up, Run in Place, Split Jump Squats, Lateral Jumps, March in Place, Skater Hops, Push Up Jack, V-up, Penguins, Side Plank, Side Plank with Knee Up.

### Create Your Own

Round	Exercise	Workout	Rest
1		20 seconds	10 seconds
2		20 seconds	10 seconds
3		20 seconds	10 seconds
4		20 seconds	10 seconds
5		20 seconds	10 seconds
6		20 seconds	10 seconds
7		20 seconds	10 seconds
8		20 seconds	10 seconds

### Reflection Questions

1. Were you able to push yourself for four minutes? If not, how can you work on this?
2. Was the Tabata workout enjoyable for you?
3. Did the intensity feel: light, moderate, intense or maximum effort?
4. Would you do a workout like this again in the future? Explain why you liked it or why you did not like it.