

## What Is A Tabata Workout and What Are It's Benefits?

Tabata is a high-intensity interval training style that was developed by Japanese professor Dr. Izumi Tabata to train Olympic speed skaters in the late 1990s. Today, the training style is applied to just about any move.

**Easy to remember: 20 seconds of work, followed by 10 seconds of rest, and repeat.**

The short rest intervals force the body to keep moving before it actually recovers from the previous set—and that's part of the reason why Tabata leads to significant aerobic and anaerobic gains.

### **Aerobic vs anaerobic – muscles react with or without oxygen**

Aerobic is generally steady with an adequate fuel and oxygen to contract the muscles repeatedly without fatigue.

Anaerobic muscle cells must rely on other reactions that do not require oxygen to fuel the muscle contraction. ATP (adenosine triphosphate) supplies muscle cell with energy but only lasts a few seconds. The short rest will help to replenish some of the lost ATP but working at this high intensity will raise your metabolism and HR immediately.

Your body will have to work much harder to keep up. This will cause your heart to pump fast and your metabolism to jump, which you want if you are planning on losing weight. This is called the afterburn. This means your body will be burning fat for hours after.

But there's a catch: You have to push yourself—*really* push yourself all out. You won't reap the strength and cardio benefits from leisurely going through the movements

With that in mind, Tabata typically isn't a good idea for workout novices. If you haven't exercised in awhile or have any medical or physical concerns, ***please consult your physician before attempting a tabata or any exercise.*** You will not want to do this type of workout every day either. Since you will be trying to squeeze in as many reps as possible, you'll be moving fast—which can be an easy way to get injured if you're not careful. In the beginning, take the intensity down a notch until you are used to the moves and your body can keep up safely.

For more information on this or any other exercise, please email me at [debby\\_schiffer@targetingwellness.com](mailto:debby_schiffer@targetingwellness.com)

# TAKE IT ANYWHERE

## tabata workout

### cardio

20 seconds: burpees

*10 seconds: rest*

20 seconds: jump squats

*10 seconds: rest*

repeat for 4 minutes

### strength

20 seconds: pushups

*10 seconds: rest*

20 seconds: alternating lunges

*10 seconds: rest*

repeat for 4 minutes

### abs

20 seconds: plank

*10 seconds: rest*

20 seconds: bicycle crunches

*10 seconds: rest*

repeat for 4 minutes