



# WHY YOU SHOULD DO TABATA TRAINING



Developed by Izumi Tabata, Ph.D., at the National Institute of Fitness and Sports in Tokyo, Tabata is based on timed interval method.

Tabata is a type of HIIT workout that aims to yield the most benefits in a short amount of time. For each exercise, you do eight rounds of 20 seconds of maximal strenuous exercise followed by 10 seconds of rest x 8 cycles through.

This equates to a 4-minute workout. This can be done with just one exercise i.e., burpees OR combined with a few different exercises to make a 'Tabata Circuit'.

## WHAT ARE THE BENEFITS?

- Improves fitness
- Maximum results in minimal timeframe
- EPOC effect - 'afterburn' so the body continues to burn calories after the session
- Good fat burner
- Convenient and flexible sessions - you can perform a Tabata workout anywhere doing any exercise
- Increased anaerobic and aerobic fitness