

The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

PPC TRAINING TIPS – Tabata Training
Cory Barsness, CSCS

Tabata Training is named after the Dr. Izumi Tabata of The National Institute of Fitness and Sports in Tokyo and was developed to increase both aerobic and anaerobic conditioning. Tabata workouts are brief, but very intense. If you are training for certain sports that require you to go hard for extended periods of time, i.e. soccer or triathlons, then Tabata training is an excellent protocol to follow. Also, if you are bored with your current workouts and want a challenge that will burn fat, try Tabata!

Tabata Training Protocol: Perform exercises that are multi-joint or large muscle exercises. The exercises should be performed with 20 seconds of tension and 10 seconds of rest. Repeat this set of 20 seconds on and 10 seconds off for 6 – 10 sets. You can vary the number sets to meet your fitness level. However, the common protocol is 8 sets. Do not worry about how many repetitions; just try to maintain good form and tempo. You should choose a light enough weight that can be performed for 8 sets (50% of 1 RM is a close approximation).

Suggested Tabata Workout with Dumbbell: Perform each exercise with light weight for 20 seconds on and 10 seconds off for 8 sets! In between exercises allow 2 minutes of recovery.

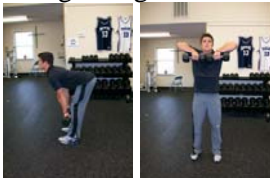
1. Squat /Shoulder Press



2. Lunge / Curl



3. Straight Leg Dead lift/Up Right Row



4. Shuffle / Chest Press



5. Leg Raise / Crunch



6. Torso Twist

