

# Tabata 101

Selene Kelley

# Izumi Tabata



# September 2012: former student Ryan



# History:

- Sometimes Called “Tabata Protocol,” or “Tabata Method”
- History: During research working with the Japanese speed skating team, the head coach, Mr. Irisawa Koichi, had him analyze the effectiveness of his training regime that involved a rotation of short burst of maximum effort followed by short periods of rest. Although Coach Irisawa pioneered the idea, somehow it became named after Izumi Tabata.
- The current regime consists of repetitions of 20 seconds of intense work, followed by 10 seconds of rest. This means that, excluding warming up and cooling down, the exercise can be completed in only 4 minutes if repeated 8 times, more than enough to make even a fit person exhausted. The idea has become bigger than I imagined and now if you search this on Google, you will get about 200,000 hits.

# Tabata Link to a great Brain Break

- Classroom teachers
- Indoor recess
- Before or after school
- Before State tests
- Classroom brain breaks

# Basic Formula

One Tabata equals  
20 seconds work  
10 seconds rest  
Repeat 8x



# Research Suggests

**Initial Tabata research: The Tabata group improved both its aerobic and anaerobic fitness levels. The anaerobic fitness level increased 28%.**

Tabata training will raise your metabolism and heart rate immediately. Since you are performing these exercises at a very high intensity, your body will have to work much harder to keep it up. This will cause your heart to pump fast and your metabolism to jump, which you want if you are planning on losing fat. Your metabolism will stay at that high not only during the workout, but after the workout as well. **This means that your body will be burning fat for hours after.**

**Initially used for interval cardio training and also includes core, endurance, and strength.**

# Safety

- Make sure that form is maintained as the body gets fatigued from the multiple reps
- have modifications in place i.e. modified pushups
- stay hydrated
- dress for movement

# Variations (each exercise is different)

## TABATA

BURPEES :20  
REST :10  
MOUNTAIN CLIMBERS :20  
REST :10  
HIGH KNEES :20  
REST :10  
JUMPING JACKS :20  
REST :10  
BURPEES :20  
REST :10  
MOUNTAIN CLIMBERS :20  
REST :10  
HIGH KNEES :20  
REST :10  
JUMPING JACKS :20  
REST



# Examples of multiple tabata's



## 20 MINUTE TABATA WORKOUT

### #1: JUMP SQUATS

20 seconds on x8  
10 seconds off

### 1 MINUTE REST

### #2: BURPEES

20 seconds on x8  
10 seconds off

### 1 MINUTE REST

### #3: PUSH UPS

20 seconds on x8  
10 seconds off

### 1 MINUTE REST

### #4: SIT UPS or CRUNCHES

20 seconds on x8  
10 seconds off

### 1 MINUTE REST

@EveryGirlFitness

## TABATA *Method*

Give 100% effort for 20 seconds.  
Rest 10 seconds. Repeat 8 times.

### BURPEES

- 8 reps 20 sec each with 10 sec rest

### PUSH UPS

- 8 reps 20 sec each with 10 sec rest

### SQUATS

- 8 reps 20 sec each with 10 sec rest

Total Time: 12 min



[www.leangirlsclub.com](http://www.leangirlsclub.com)

# Assessment (partners create tabata workout) teacher pick out of a hat and class performs

- Name 1 \_\_\_\_\_ Name 2 \_\_\_\_\_
  - (you pick a name for your workout) \_\_\_\_\_ Tabata Workout
  -
- Theme \_\_\_\_\_
  - Ex. Upper body, core, lower body, weights, stability ball full body
  -
- Exercise 1 \_\_\_\_\_
  - 8 seconds: 20 seconds on/ 10 seconds rest
- Exercise 2: \_\_\_\_\_
  - 8 seconds: 20 seconds on/ 10 seconds rest
- Exercise 3: \_\_\_\_\_
  - 8 seconds: 20 seconds on/ 10 seconds rest
- Exercise 4: \_\_\_\_\_
  - 8 seconds: 20 seconds on/ 10 seconds rest
- Rate the difficulty level of your workout on a scale of 1-10 \_\_\_\_\_

# Check for understanding

By using your fingers

Show me how many exercises are in a basic tabata workout (4)

How many seconds do you do each exercise? (20)

How many seconds to you rest? (10)

How many times to you do each exercise? (8)

Choral responds:

Where can you do tabata? (anywhere)

Who can do tabata? (anyone)

Tabata is basically \_\_\_\_\_, training meaning start stop,  
start stop (interval)

# Implementation

- Warm-Up
- Active Stretches: Frankenstein, karaoke, high knees, low skips, high skips, heel walks, toe walks
- Tabata Workout (4 tabatas)
- Cool Down (walk 2 laps and
- Static Stretches: hamstrings, quads, gastrocnemius, (all major muscle groups you worked)

# The Hook

**Tabata**

**TUESDAY**

Could be part of a class warmup every  
Tuesday

# Deciding which exercises to do?

- Suggestion: use exercises that students can relate their physical fitness tests to i.e. pushups, planks, curl ups, jumping jacks (cardio)
- Have students suggest exercises and have the class create a tabata workout
- Try it before you teach it
- Add equipment as students progress i.e. stability balls
- Have exercise cards and student can pick to create a themed workout i.e. upper body, lower body, full body
- 8<sup>th</sup> grade and up try with light weight dumb bells

# Extending the Task

Have students create tabata workout videos  
-older students can create for younger students  
indoor recess and classroom brain breaks

Have students create tabata workout posters to hang  
in the gym and in classrooms for brain breaks and  
before school activities

Have students create tabata workouts and put them  
together and create a class tabata book each  
student will have once class is over.