



Personal Fitness Virtual Learning

# 7/8 Full Body Tabata

May 20, 2020



## 7/8 Grade Personal Fitness & Wellness

Lesson: [May 20th, 2020]

### **Learning Target:**

**Participates in a variety of strength and endurance fitness activities such as Pilates, resistance training, body weight training, and light free-weight training. (S3M3.7)**

**Daily Essential Question/Objective: I can participate in the workout while using the correct technique.**



## What is a Tabata Workout

- Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes.
- 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. The structure of the program 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. This is one set. You'll complete eight sets of each exercise.
- You can do pretty much any exercise you wish. You can do squats, push-ups, burpees or any other exercise that works your large muscle groups. Kettlebell exercises work great, too.

## Example of a Tabata workout

Round 1: 20 sec burpees, 10 sec rest, 20 sec butt kicks, repeat 4 times.

Round 2: 20 sec jumping lunges, 10 sec rest, 20 sec fast feet, 10 sec rest, repeat 4 times.

Round 3: 20 sec split jacks, 10 sec rest, 20 sec skater, 10 sec rest, repeat 4 times.

Round 4: 20 sec walking planks, 10 sec rest, 20 sec crunches, 10 sec rest, repeat 4 times.

## TAKE IT ANYWHERE 20 Min Tabata Workout

### ROUND 1

*\*Rest for 1 minute  
between each round and  
take breaks as needed.  
Make sure to stretch at  
the end.*

20 sec burpees

10 sec rest

20 sec butt kicks

10 sec rest

repeat 4 times

### ROUND 2

20 sec jumping lunges

10 sec rest

20 sec fast feet (in and out)

10 sec rest

repeat 4 times

### ROUND 3

20 sec split jacks

10 sec rest

20 sec skaters

10 sec rest

repeat 4 times

### ROUND 4

20 sec walking planks

10 sec rest

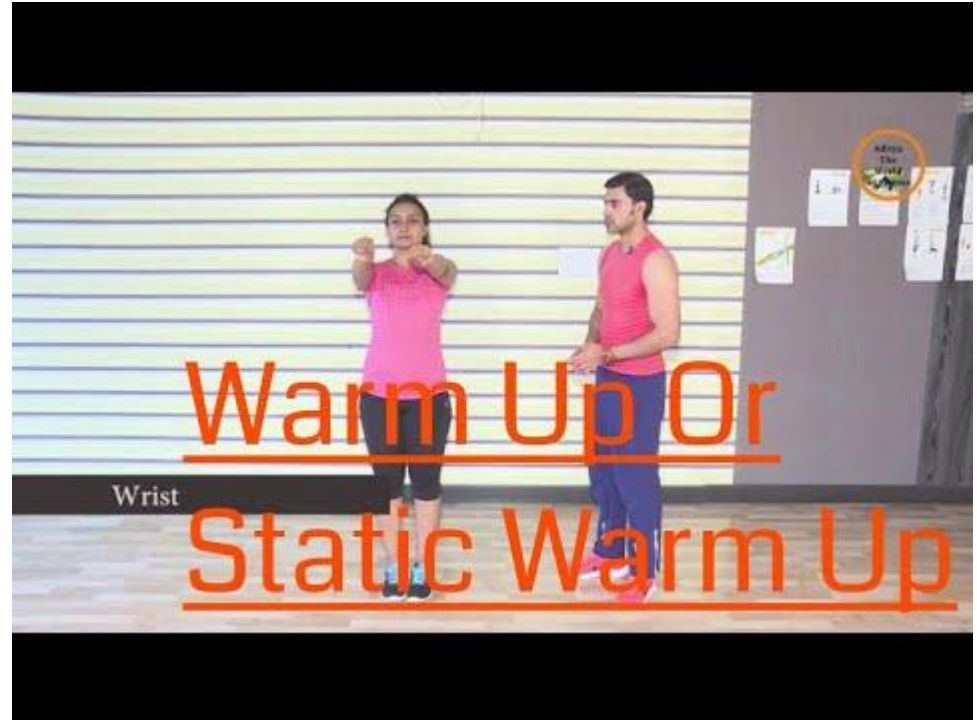
20 sec c-crunch

10 sec rest

repeat 4 times

## Warm up:

Complete the warm up video before your workout.



## Complete the workout video





## **Check-In with answering the following:**

- What is a Tabata workout?
- What are your thoughts about the tabata workout? Did you like it? Why or why not?
- Tabata is what type of a workout?



# All Done!!!!

**LEARN FROM THE PAST  
TO LIVE IN THE PRESENT  
SO YOU CAN SEE YOUR FUTURE!**

~ Chong Xu ~  
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