

Microwave Workouts/Tabata training

TABATA Training

One of the best ways to lose weight without losing muscle in a very short period of time is a training routine called Tabata. Tabata is named after Izumi Tabata a former researcher at Japan's National Institute of Fitness and Sports in Kanoya, Japan. The Tabata training protocol is very simple but very intense. The training time is only 4 minutes but don't be fooled by the short duration. This is the 4 hardest minutes of any training routine you will ever do.

Here is how it works - After a warmup of 3-5 minutes an exercise is performed to failure for 20 seconds. There is then a 10 second rest followed by another 20 second bout of intensity. There are 8 cycles of this to make up the 4 minutes.

Any exercise that is intense and can ramp up very quickly will work for Tabata - sprints, hill repeats, jump roping, plyometric jumping are all examples of Tabata exercises. Tabata training requires rest and should not be attempted on subsequent days.

You should have a solid baseline of strength and endurance to attempt Tabata.

Keys to Quality Tabata training -

1. It is not done on consecutive days as this type of training requires highest intensity effort. Muscles need to replenish and rest - so do every other day.
2. Eat within ½ hour of workout – something that is easily digestible.
3. Always keep the body guessing - change up the routine often. 8 weeks is max for one training modality. Take a week off after 8 weeks and train a different way.
4. Always warm up and cool down
5. Vary time work to rest intervals
6. Time Bouts and count reps for each bout so that measurable results can be seen

Examples of High Intensity Interval training for every fitness level:

Beginner - 1 minute walk / 1 minute jog. – 30/30. 2-4 times per week

Intermediate - 1 minute jog / 1 minute run – 30/30 3-5 times a week – 20 minutes

Advanced - after 5 minute warmup perform all out sprints as long as you
can followed by 1 minute jog - 5-20 minutes

TABATA Circuit 1

One exercise - -prone knee tuck and push up

20 seconds to failure / 10 seconds rest – 8 sets – 4 minutes

TABATA Circuit 2

4 stations / 4 exercises / 4 groups

1. Split Squat jumps
2. Jack knife V sits
3. High knee run with med ball
4. Gliding Burpees

20 seconds per station / 10 seconds to walk to next station

Each station performed twice but not repeated (example - 1-2-3-4-1-2-3-4)

4 minutes

TABATA Circuit 3

8 exercises / all performed in one group

1. Split lunge jumps (right leg)
2. Low lunge repeaters (right leg)(Gliding)
3. Split lunge jumps (left leg)
4. Low lunge repeaters (left leg)(Gliding)
5. Med ball squat jumps with figure 8s
6. Big tires (single leg side step or jump)
7. Opposite Knee to elbow torso twist
8. Gliding Swim