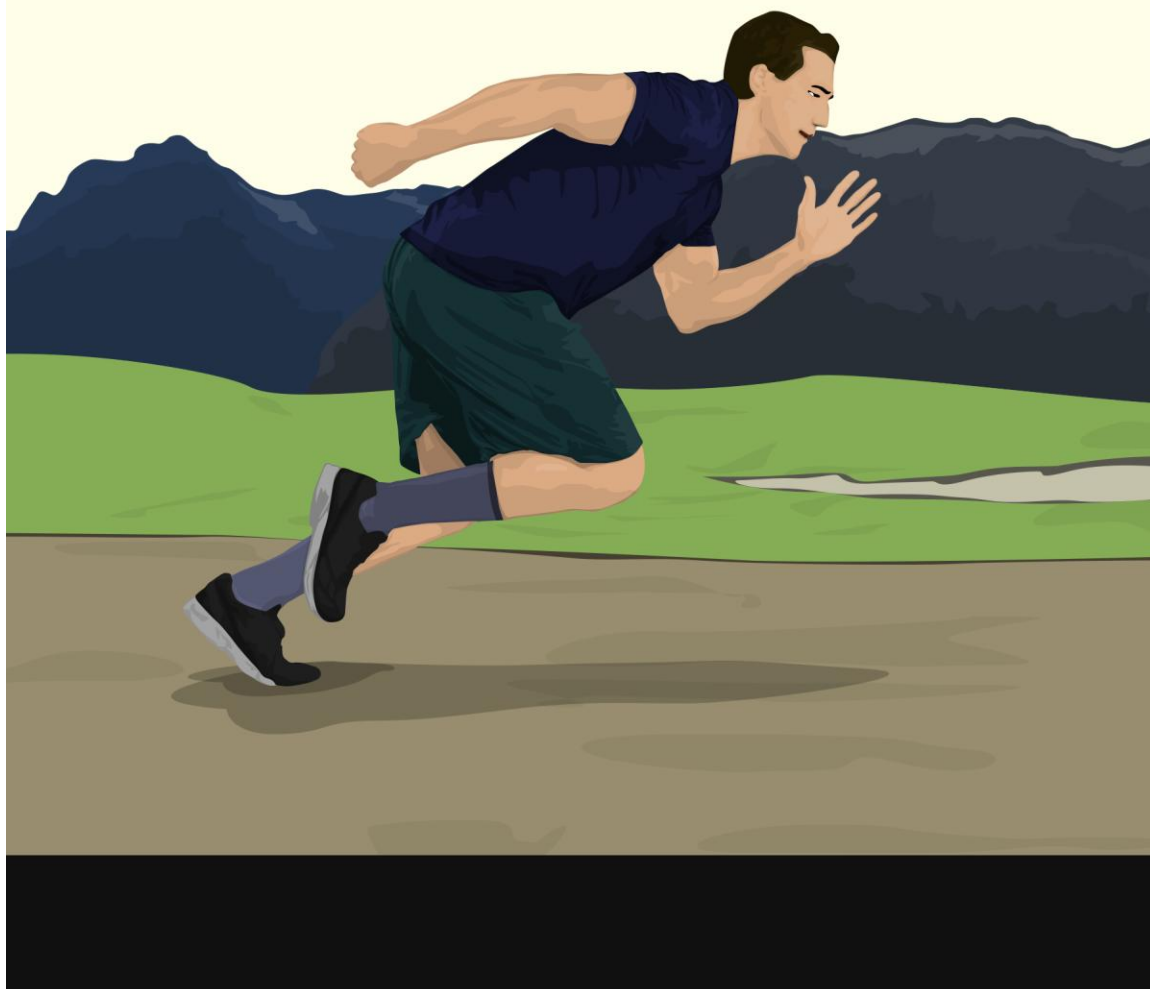


TURBOCHARGED FITNESS

**WITH THE
TABATA SYSTEM**



Contents

Chapter 1: Why Choose Tabata?.....	3
How Does Tabata Work?	3
Chapter 2: Intensity Levels of Tabata Training	5
Part 3: Physiological and Psychological Benefits of Tabata.....	6
Psychological Benefits of Tabata.....	7
Chapter 4: Tabata and You	8
Chapter 5: How Tabata Training Can Work in Your Life	9

Turbocharged Fitness with the Tabata System

The Tabata workout system is a version of the High Intensity Interval Training program developed by Professor Izumi Tabata as training for Olympic speedskaters in 1996. The results studies conducted on the training program confirm that even a four minute cardiovascular exercise routine improves a person's level of fitness.

Through the professional athlete community, the Tabata workout soon became known as "The 4-Minute Miracle," and it opened a whole new world of how professional athletes exercised and kept in shape.

Now, the Tabata workout has become the "go to" method for just about anyone who wants to save time with their workout routines, but still want the same results – or better.

One of the main attractions of this turbocharged workout routine is that you can accomplish even more toward your fitness goals in a much shorter amount of time. In as little as 4 minutes (or one Tabata), you can increase your metabolic capacity, increase your cardio health, burn more fat and reach VO2 max.

It may be the most intense exercise routine you've ever done in your life, but when you consider just four minutes of Tabata can increase your fitness level more than an entire hour of running, it makes it all worthwhile.

Chapter 1: Why Choose Tabata?

One of the main reasons that people give up a regular fitness program is lack of time. Tabata takes that problem out of the equation. You'll be devoting much less time to your exercise regimen and getting better.

Tabata effectively uses aerobic and anaerobic methods during the exercise routine to lower the ratio of lean body mass as compared to fat without losing muscle mass. Tabata never gets boring because you're using various types of exercises – from swimming to jogging or cycling to add variety to the mix.

Researchers found that professional athletes who kept to the Tabata routine five days per week for six weeks had a 14% improved aerobic capacity increase and an improved anaerobic capacity of 28%.

Another study of athletes produced even more impressive results. Participants who followed a running program only for six weeks at 70% capacity improved their aerobic capacity by 9.5%. Moreover, there was no effect on their anaerobic capacity.

How Does Tabata Work?

You can use various exercise styles for your HIIT workout, but it all leads to the same fat-busting, muscle building results. Tabata engages your body's aerobic and anaerobic systems to do the job. For those of you who don't know the difference between aerobic and anaerobic, here is a brief explanation of the two:

- **Aerobic** – This is the type of exercise you're most familiar with for a cardio workout. Aerobic exercises use your cardio respiratory system, i.e., heart, lungs and blood vessels. Aerobic actually translates to "with oxygen" and uses the oxygen for fat and carb burning to produce energy. In an aerobic exercise, you use arms and legs in repetitive movements.
- **Anaerobic** – These exercises target the muscles in your body. Training anaerobically means training without oxygen. Anaerobic exercise is defined as short duration, high intensity exercise which are very short in duration - seconds to 2 minutes.

Examples of anaerobic exercise are ones that use fast twitch muscle fibers such as jumping and sprinting. By using and developing those fibers you build muscle, increase your power and strengthen your endurance level.

Studies have found that when you combine the aerobic and anaerobic exercises such as with the Tabata method, you're joining forces of two powerful agents that can whip your body back into shape in less time while losing unwanted fat.

When using the Tabata method, you're working out intensely for short bursts and then recovering for a short amount of time. The concept is really simple – you'll be increasing your aerobic capacity by working intensely for short bursts and increasing your anaerobic capacity by performing the exercises in intervals.

Chapter 2: Intensity Levels of Tabata Training

You should have a good idea about your level of fitness before you engage in Tabata exercise. Even though the workouts are short in duration, they'll tax you to your limits, so you should already have a decent level of cardiovascular fitness before you try it.

Four minutes doesn't sound like a long amount of time, but if you're not in shape, Tabata probably isn't for you. Start out with another type of exercise and work your way up to the intensity and power that Tabata demands.

If you've been exercising for awhile and want to take it up a notch or are bored with your current exercise regimen, start out with Tabata in the beginning level and work up to intermediate and then to athletic level.

Here's how Tabata training works at all three levels:

- **Beginner** – Choose any exercise you're comfortable with. Many people choose a treadmill. You'll want a timer so that you don't always have to look at the clock. Perform the Tabata workout on a ration of 1:3 (for example 20 seconds of intense sprinting to 60 seconds of walking.)
- **Intermediate** – If you've been going to the gym and are in good shape, you can move into the intermediate level of Tabata training which means that you may be able to maintain a 2:3 or 2:2 ratio. Don't be surprised if it's too difficult and you have to decrease the intensity to a beginner level. Tabata is tough at first, but you can work your way up to intermediate by keeping at it.
- **Advanced (Athlete)** – Professional athletes or those who are in top shape may be able to begin Tabata at its original level developed for Olympian speed skaters. This level of interval training is extremely difficult to perform and you may have to decrease the intensity if you find that it's just too much.

A typical Tabata protocol for a beginner would look like the following timetable if you were working out on a treadmill:

- Warm up to prevent injury by walking briskly for 2 minutes.
- Run at a sprint as hard as you can for 10 seconds.
- Walk to recover for 30 seconds.
- Sprint with intensity for another 20 seconds.
- Recover for 60 seconds.
- Repeat 8 times.
- Cool down.

Part 3: Physiological and Psychological Benefits of Tabata

The physiological benefits of Tabata are perfectly clear when you realize that professional athletes and Olympians use the Tabata method in their intense training program to build muscle and endurance.

Hollywood stars and other celebrities are also choosing Tabata to get their bodies back in star quality shape after having a baby or putting on weight for a film.

Here are some obvious – and not so obvious – physiological benefits of adding Tabata to your exercise regimen:

1. **Fat Loss** – If you're trying to lose unwanted pounds or simply to tone your body, you should know that Tabata increases your metabolic rate about 15 times that of the basic metabolic rate. The short, but intense workout challenges your body to consume energy and burn fat. The great thing about Tabata is that by using both the aerobic and anaerobic methods in unison, you'll keep burning fat even after the exercise is over.
2. **Build and Retain Muscle** – When you diet to lose weight, you often lose valuable muscle tissue. When you engage in the Tabata interval training method, you're increasing the ratio of lean body mass to fat.

Tabata puts demands on the muscles, meaning that more muscle tissue is needed to perform, so your body mass to fat increases and you end up both building muscle mass and retaining what you already have. Grow muscles, lose fat.

3. **Increased Cardio Health** – By pushing yourself into the anaerobic zone as in the Tabata workout, you're producing extreme effects. Studies have shown that after only 8 weeks of practicing Tabata, those who cycle could perform twice as much as before.
4. **Turbo-charged Metabolism** – Your metabolism will be on high energy and fat burning mode after a Tabata workout routine. This is great news for our aging bodies because it keeps you looking and feeling young both inside and out.

Tabata training is great for professional athletes, but it's especially good for the average person who doesn't have a lot of time to devote to hours of working out in the gym but wants to have a rocking hard body, have more strength and more energy.

Psychological Benefits of Tabata

One of the biggest psychological benefits of Tabata training is that you see results fast. The results will be well worth the intense workout routine that goes into a Tabata workout. Your body will be changing for the better – and you'll feel better mentally.

Some of the psychological benefits of Tabata include:

1. **Less Stress** – If you've had a bad day, you'll begin to look forward to the Tabata workout to rid the layers of stress like peeling an onion. During the intense workout, your brain will produce more norepinephrine, which is the chemical that your body uses to reduce effects of stress.
2. **Never Boring** – Choose your favorite way to exercise with Tabata and you won't be bored into dropping out of fitness. Tabata cures boredom and eliminates the gripe that exercise takes too much time out of the day.
3. **Self-Confidence Surges** – It's a given that you're going to look your very best after a few weeks of working out with the Tabata method. Scientifically, it's been proven that exercising can improve your self-image no matter what your weight, age or gender.
4. **Calm Anxiety** – Those calming endorphins and other chemicals released during exercise are multiplied tenfold in Tabata training. If you have an anxiety disorder, moderate or high intensity exercises will help to calm you down and handle those anxious situations better.
5. **Helps You Relax** – Sleep has never felt so good after you exercise using the Tabata method. The chemicals released from your brain during a high-intensity (with intervals) Tabata workout helps the body drop its temperature with you're ready for bed and gives the body a signal that it's time to relax. (Never work out just before bedtime.)
6. **Prevents Memory Loss** – Tabata training boosts your ability to remember and learn new things. When you sweat (and you will), your body increases the production of hippocampus cells which are responsible for your memory.
7. **Inspire Others** – Who doesn't like to be praised? People will begin to notice when you're at your physical and psychological best and you can be an inspiration to others by encouraging them to work hard as you did for the results.

Tabata training can have far reaching effects beyond the workout. You'll gain self-confidence, get relief from depression and think more clearly – besides having the lean, hard body you always wanted.

Chapter 4: Tabata and You

Since you can turn to almost any type of exercise in Tabata training, you don't need special equipment nor do you need a gym membership. Information about Tabata and how you can adapt it to your own exercise routine abounds online and you can find more specific data about the length of the intensity and the recovery intervals if you need it.

Popular exercises include jumping rope, swimming, mountain climbers, squats, high-knee runs and sprints and cycling. If you want to use equipment with your workout, dumbbells, barbells and treadmills are often used by professional athletes. Joining a gym class such as Zumba (Latin dance workout) is also a great option to get the interval training required for Tabata.

A timer is also a good tool to have so that you can time your intensity and your recovery intervals. It's important to stick to the time limits during Tabata to benefit from both the aerobic and anaerobic process.

Rest and recovery between high intensity spurts are very important because it provides both the aerobic and anaerobic combination you need for Tabata to be effective. The two types of exercise combined are the magic of the Tabata workout and the reason you see such amazing results in such a short time.

Tabata isn't for everyone. Even if you've been exercising for awhile and think you're in pretty decent shape, you should get the go-ahead from a health care provider before taking on the Tabata exercise method.

Chapter 5: How Tabata Training Can Work in Your Life

From Olympians and professional athletes to star-celebrities, Tabata is now the trending method for getting in the ultimate physical shape and enjoying a lifestyle of more energy and more time in your life.

Not only will you be able to enjoy the physical aspects of adhering to a Tabata workout – you’ll also be more confident in your body image. That fact alone can motivate you to reach even further in all areas of your life.

You’ll have stamina that you never thought was in you and the short amount of time you spend on a Tabata workout gives you even better results than the long hours you used to spend in the gym or at another type of exercise.

Another positive effect of Tabata is that your metabolism will keep on working for as much as 24 hours after the workout is over – burning fat and keeping you energized. There’s no other exercise routine that can provide that level of results.

Not only will your body begin to change and you’ll lose unwanted fat, but you’ll also get more done. Studies have found that those who engage in the aerobic and anaerobic exercises that Tabata offers are more likely to be productive and less sedentary than those who don’t.

Turbo-charge your fitness routine by learning more about how Tabata easily fits into your life. You’ll save time and get results you never imagined possible with this amazing supercharged, super-quick workout.