

Tabata (Izumi Tabata. Ph.D)

Activity	Duration	Rate of Perceived Exertion (PRE)
Warm Up	3 mins	2
FLAT OUT!	20 secs	9
Decrease Intensity	10 sec	2
FLAT OUT!	20 secs	9
Decrease Intensity	10 secs	2
FLAT OUT!	20 secs	9
Cool Down	10 secs	2
FLAT OUT!	20 secs	9
Decrease Intensity	10 secs	2
FLAT OUT!	20 secs	9
Decrease Intensity	10 secs	2
FLAT OUT!	20secs	9
Decrease Intensity	10 secs	2
FLAT OUT!	20 secs	9
Cool Down	2 mins	2

Please note: Total time is 9 minutes!

- This program can be done with all forms of activities like walking, swimming, cycling, elliptical, running and works well with all fitness levels.
- It is also a great program to incorporate body weight exercises such as jumping jacks, burpees and mountain climbers.
- When beginning this program, start by doing four 30 second sprints instead of the full program of eight 30 second sprints.
- **This workout takes very little time to do, with maximum fitness results.**

Rate of Perceived Exertion (RPE)

RPE Scale	Description
0-1	No exertion. Inactive
2-3	Light exertion. Used for warm ups, cool downs and stretching
4-5	Medium exertion. Breathing and heart rate a little faster, feeling warmer
6-7	Moderate exertion. Breathing hard, sweating, harder to talk
8-9	Hard exertion. Breathing very hard, can only say a few words
10	Hardest exertion. Cannot keep up the pace for long, cannot speak. YOU HIT YOUR LIMIT!
REP rates exercise intensity	