



If you're looking for a new program to add to your routine, you may want to give **TABATA** a try.

TABATA training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes.

TABATA is great to get a quick workout in if you're short on time, you need to switch up your routine, or you want improve endurance and speed. Incorporate this type of workout into your fitness routine and produce results.



ROME FAMILY YMCA
301 West Bloomfield Street
Rome, NY 13440
(315)336-3500
ymcatrivalley.org



*Classes start on December
4th & 9th
Mondays: 5:45 am – 6:45 am
Saturdays: 7:45 am – 8:45 am
Instructors:
Nancy Gallagher
Pilar Lombana*



The Tabata Program

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:

- Workout 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.

Most people want their workouts to be two things: fast and effective. That's where **high-intensity interval** training techniques like **TABATA**, come in handy.

*Like many forms of HIIT, **TABATA** is an effective way to improve both metabolic pathways, initiate the **after burn effect**, and can even stimulate growth of the mitochondria that powers muscles.*

Get the exact results you want

TABATA burns a lot of calories and provides a killer full-body anaerobic and aerobic workout. **TABATA** training also improves athletic performance, improves glucose metabolism, and acts as an excellent catalyst for fat burning.

Whatever exercise you use, **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.**

