

# The Tabata Protocol Workout



High knees  
Exercise 1

Triceps chop  
Exercise 2

The Tabata circuit system

One circuit = 30 sec



## Circuit 1

The Tabata system

|           | Exercise 1    | Rest 1 | Exercise 2   | Rest 2 |
|-----------|---------------|--------|--------------|--------|
| Circuit 1 | High knees    | 10 sec | Triceps chop | 10 sec |
| Circuit 2 | Slow climbers | 10 sec | Lunge        | 10 sec |
| Circuit 3 | Leg raises    | 10 sec | Push-ups     | 10 sec |
| Circuit 4 | Flutter kicks | 10 sec | Plank        | 10 sec |

## Minute 1



Slow climbers  
Exercise 3



Lunge  
Exercise 4

## Circuit 2

## Minute 2



Leg raises  
Exercise 5



Push-ups  
Exercise 6

Sum of repetitions in all circuits

|            | Mo | Tu | We | Th | Fr | Sa | Su |
|------------|----|----|----|----|----|----|----|
| Exercise 1 |    |    |    |    |    |    |    |
| Exercise 2 |    |    |    |    |    |    |    |
| Exercise 3 |    |    |    |    |    |    |    |
| Exercise 4 |    |    |    |    |    |    |    |
| Exercise 5 |    |    |    |    |    |    |    |
| Exercise 6 |    |    |    |    |    |    |    |
| Exercise 7 |    |    |    |    |    |    |    |
| Exercise 8 |    |    |    |    |    |    |    |

## Circuit 3

## Minute 3

Tabata account  
(sum of repetitions in last circuit 4)

|            | Mo | Tu | We | Th | Fr | Sa | Su |
|------------|----|----|----|----|----|----|----|
| Exercise 7 |    |    |    |    |    |    |    |
| Exercise 8 |    |    |    |    |    |    |    |



Flutter kicks  
Exercise 7



Plank  
Exercise 8

## Circuit 4

## Minute 4