

CAYMANFITNESS

**4 MINUTE TRAINER
TURBO TABATA**

2010

**\$25
Value**

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WHAT IS TABATA

[DOWNLOAD]
TURBO TABATA
TRAINING
E-GUIDE



[RESOURCE GUIDE](#)
[FREE TABATA TIMER](#)
www.tabatatimer.com

TIP:

Do not eat at least 2 hours before performing tabata workouts.

Tabata is a high intensity workout that only takes 4 minutes. If you have been hitting the gym for hours and hours and you are not getting many results, then Tabata may be an answer for you. Tabata style workouts are one of the best ways to get results fast.

In order to perform Tabata exercises you have to be 100% in. You cannot cheat at this workout because if you do, you will not get any

results. If you do a Tabata workout as intensely as you can, you should be flat on the floor after your workouts.

If you are still skeptical about a 4 minute workout, try one and you will soon understand why it's so powerful.

Do you assume you need to spend a good 60 to 90 minutes in the gym in order to get in a really good workout?

I use to think the exact same way.

In fact, I used to spend ages on the treadmill and in the weight room until I discovered something amazing: it doesn't take hours of exercise to get a good workout.

Tabata is going to change your life!!

On the next couple of pages you will find out exactly how to perform Tabata Training.

We have even included a workout!



What the heck is Tabata training?

Tabata training is a style of interval training developed by Dr. Izumi Tabata at the National Institute of Fitness and Sports in Tokyo, Japan. He conducted tests on two groups of athletes, comparing moderate intensity training (such as long distance running) to high intensity interval training (such as sprinting).

And the results were *shocking*. Not only did the athletes doing high intensity interval training increase their overall aerobic and anaerobic capacity, their VO2 max, resting metabolic rate, it also helped them burn more fat—resulting in a leaner physique much quicker than their moderate intensity training counterparts.

So what exactly does this mean for you?

When you train Tabata-style, you will:

- Burn more fat.
- Boost your metabolism.
- Get in shape quicker.
- Get it done in less time.

And it only take 4 minutes!

Yes you read that right! However, there is caveat. During Tabata training you have to work really hard, all out for the the entire 4 minutes.



SO HOW DOES TABATA WORK?

You can do Tabata Training anywhere and everywhere . The only equipment you'll need is a timer, and it's Free! So really there are no excuses.

So what to do next?

Go to www.tabatatimer.com or download the Tabata App. Don't think for a second that you can just count it out in your head.

To complete a Tabata workout, set your timer for 8 rounds of 10 and 20 second intervals.

The workout will look like this:

Now remember, in order to get the maximum amount of results from

Tabata, you have to push yourself to the limit for each 20 seconds of work.

:10 – Get ready

:20 – Work

:10 – Rest

:20 – Work

:10 – Rest

:20 – Work

:10 – Rest

:20 – Work

:10 – Rest

:20 – Work

:10 – Rest

:20 – Work

:10 – Rest

:20 – Work

:10 – Rest

:20 – Work

This is a 4-minute workout. Tabata Training intervals may be performed using any exercises.

GO HARD

20 sec - Ab Crunch
10 sec - REST
20 sec - Push Ups
10 sec - REST
20 sec - Ab Crunch
10 sec - REST
20 sec - Push Ups
10 sec - REST
20 sec - Ab Crunch
10 sec - REST
20 sec - Push Ups
10 sec - REST
20 sec - Ab Crunch
10 sec - REST
20 sec - Push Ups

THE END



**ADD RESISTANCE BANDS
TO YOUR WORKOUT**

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BEGINNERS

GENERAL INFORMATION

This is a tough workout! Listen to your body. Perform each of the exercises in order. You could also try different exercises, like squats, lunges or even exercises from the resistance band e-guide.

Program Guideline

Number of Times per Week: 3

No Slackers Allowed!

GO HARD

20 sec - Ab Crunch
10 sec - REST
20 sec - Push Ups
10 sec - REST
20 sec - Ab Crunch
10 sec - REST
20 sec - Push Ups
10 sec - REST
20 sec - Ab Crunch
10 sec - REST
20 sec - Push Ups
10 sec - REST
20 sec - Ab Crunch
10 sec - REST
20 sec - Push Ups

THE END



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INTERMEDIATE

GENERAL INFORMATION

This is a tough workout! Listen to your body. Perform each of the exercises in order. You could also try different exercises, like squats, lunges or even exercises from the resistance band e-guide.

Program Guideline

Number of Times per Week: 3 - 5

Number of Rounds per Workout: 2, 4 minute rounds

No Slackers Allowed!

GO HARD

20 sec - Ab Crunch
10 sec - REST
20 sec - Push Ups
10 sec - REST
20 sec - Ab Crunch
10 sec - REST
20 sec - Push Ups
10 sec - REST
20 sec - Ab Crunch
10 sec - REST
20 sec - Push Ups
10 sec - REST
20 sec - Ab Crunch
10 sec - REST
20 sec - Push Ups

THE END



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ADVANCED

GENERAL INFORMATION

This is a tough workout! Listen to your body. Perform each of the exercises in order. You could also try different exercises, like squats, lunges or even exercises from the resistance band e-guide.

Program Guideline

Number of Times per Week: 5

Number of Rounds per Workout: 3 – 4, 4 minute rounds

No Slackers Allowed!

**Up for a
Challenge?**

**How about
30 Days of
Tabata...**

30 Days of Tabata

Challenge Accepted

What to do?

Step 1: Plan when you are going to start.

Step 2: Print the DIY sheet and Plan your Workout.

Step 3: Press start on the timer and Don't look back.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Good Luck!

GO HARD

20 sec - _____
10 sec - REST

20 sec - _____
10 sec - REST

20 sec - _____
10 sec - REST

20 sec - _____
10 sec - REST

20 sec - _____
10 sec - REST

20 sec - _____
10 sec - REST

20 sec - _____
10 sec - REST

20 sec - _____
10 sec - REST

THE END OR REPEAT



**ADD RESTANCE BANDS
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DO IT YOURSELF

GENERAL INFORMATION

This is a tough workout! Listen to your body. Perform each of the exercises in order. You could also try different exercises, like squats, lunges or even exercises from the resistance band e-guide.

Program Guideline

Number of Times per Week: _____

Number of Rounds per Workout: _____

No Slackers Allowed!