

HOME TABATA ROUTINE

Name _____

Date _____

Create an at-home Tabata routine utilizing the skills and concepts learned in physical education class. Write six different exercises that correspond with each fitness concept in the chart below. Hang this page where you can be safely active and perform each of the selected activities.

Download a free Tabata timer for your iPhone here: <https://appsto.re/us/By5dZ.i>

Cardio-respiratory Endurance	Muscular Fitness	Skill-Related Fitness	Cardio-respiratory Endurance	Muscular Fitness	Skill-Related Fitness

Explain why you choose each specific exercises. Provide evidence that this routine is challenging in relation to your personal fitness.

Describe three safety consideration for this Tabata routine.

How would completing a Tabata routine three to five times per week positively impact your mental and emotional health?