**Tabata Training** is a versatile module that can be done with a variety of equipment—or no equipment at all. Use our routine cards to create your own workouts with the items of your choice. The list below provides our equipment recommendations.

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| --- | --- | --- | --- |
| **QTY** | **NAME** | **CODE** |  |
| 12 | Jump Ropes (9’) | **1309553** | [Link to e-Store](http://www.usgames.com/pro-speed-ropes) |
| 12 | Jump Ropes (8’) | **1309546** | [Link to e-Store](http://www.usgames.com/pro-speed-ropes) |
| 6 | Jump Ropes (7’) | **1309539** | [Link to e-Store](http://www.usgames.com/pro-speed-ropes) |
| 6 | Kettle Bells (8 lbs.) | **1361742** | [Link to e-Store](http://www.usgames.com/8-quot-rubber-kettlebells) |
| 6 | Medicine Balls (6.6 lbs.) | **1266306** | [Link to e-Store](http://www.usgames.com/rubber-medicine-balls) |
| 6 | Resistance Bands / Tubes | **1249811** | [Link to e-Store](http://www.usgames.com/cando-174-exercise-tubes-with-handles) |
| 6 | Fitness Exercise Balls | **1266177** | [Link to e-Store](http://www.usgames.com/cando-174-exercise-tubes-with-handles) |
| 6 | Agility Ladders | **1271560** | [Link to e-Store](http://www.usgames.com/fixed-rung-agility-ladder) |
| 6 | Task Tents | **1389878** | [Link to e-Store](http://www.usgames.com/task-tents) |
| 6 | 12” Cones (or larger) | **1093452** | [Link to e-Store](http://www.usgames.com/color-my-class-174-game-cones) |
|  |  |  |  |
|  | Academic Language Posters |  | [OPENPhysEd.org](http://openphysed.org/curriculum_resources/mstabata) |
|  | Tabata Routine Cards |  | [OPENPhysEd.org](http://openphysed.org/curriculum_resources/mstabata) |
|  | Blank Tabata Routine Cards |  | [OPENPhysEd.org](http://openphysed.org/curriculum_resources/mstabata) |
|  | Student Assessments |  | [OPENPhysEd.org](http://openphysed.org/curriculum_resources/mstabata) |
|  | Tabata Interval Timer App |  | [Apple App Store](https://appsto.re/us/By5dZ.i) |

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