

TABATA TO IMPROVE ACTIVITY CARD

4-Minute Tabata for Aerobic Capacity

Set #	Exercise Name	Interval Start
1	Exercise: Burpees	0:00
	Rest 10 Seconds	
2	Exercise: Mountain Climbers	0:30
	Rest 10 Seconds	
3	Exercise: Jumping Jacks	1:00
	Rest 10 Seconds	
4	Exercise: Jogging in Place with High Knees	1:30
	Rest 10 Seconds	
5	Exercise: Burpees	2:00
	Rest 10 Seconds	
6	Exercise: Mountain Climbers	2:30
	Rest 10 Seconds	
7	Exercise: Jumping Jacks	3:00
	Rest 10 Seconds	
8	Exercise: Jogging in Place with High Knees	3:30
	Rest 10 Seconds	

TABATA TO IMPROVE ACTIVITY CARD

4-Minute Tabata for Muscular Strength

Set #	Exercise Name	Interval Start
1	Exercise: Side-to-Side Lunges	0:00
	Rest 10 Seconds	
2	Exercise: Walking Push-ups	0:30
	Rest 10 Seconds	
3	Exercise: Air Squats	1:00
	Rest 10 Seconds	
4	Exercise: Crunches	1:30
	Rest 10 Seconds	
5	Exercise: Side-to-Side Lunges	2:00
	Rest 10 Seconds	
6	Exercise: Walking Push-ups	2:30
	Rest 10 Seconds	
7	Exercise: Air Squats	3:00
	Rest 10 Seconds	
8	Exercise: Crunches	3:30
	Rest 10 Seconds	

TABATA TO IMPROVE ACTIVITY CARD

4-Minute Tabata for Muscular Endurance

Set #	Exercise Name	Interval Start
1	Exercise: Plank Jacks	0:00
	Rest 10 Seconds	
2	Exercise: Mountain Climbers	0:30
	Rest 10 Seconds	
3	Exercise: Curl-ups	1:00
	Rest 10 Seconds	
4	Exercise: Plank Position	1:30
	Rest 10 Seconds	
5	Exercise: Plank Jacks	2:00
	Rest 10 Seconds	
6	Exercise: Mountain Climbers	2:30
	Rest 10 Seconds	
7	Exercise: Curl-ups	3:00
	Rest 10 Seconds	
8	Exercise: Plank Position	3:30
	Rest 10 Seconds	

TABATA TO IMPROVE ACTIVITY CARD

4-Minute Tabata for Flexibility

Set #	Exercise Name	Interval Start
1	Exercise: Shoulder Stretch (15 seconds on each arm)	0:00
	Rest 10 Seconds	
2	Exercise: Cross Leg Stretch (15 seconds then switch)	0:30
	Rest 10 Seconds	
3	Exercise: Chest Raises	1:00
	Rest 10 Seconds	
4	Exercise: Figure 4 Stretch (15 seconds on each leg)	1:30
	Rest 10 Seconds	
5	Exercise: Shoulder Stretch (15 seconds on each arm)	2:00
	Rest 10 Seconds	
6	Exercise: Cross Leg Stretch (15 seconds then switch)	2:30
	Rest 10 Seconds	
7	Exercise: Chest Raises	3:00
	Rest 10 Seconds	
8	Exercise: Figure 4 Stretch (15 seconds on each leg)	3:30
	Rest 10 Seconds	