

## TABATA ROUTINE

### 20-Seconds or More – At-the-Sink Handwashing Tabata Routine

Dr Izumi Tabata says exercising in 20 second (or more) intervals can have important health benefits.

Dr. Olajide Williams says washing your hands for 20 seconds (or more) can kill viruses and save lives.

Let's combine these important practices and maximize our health! Post this Tabata Routine near your sink. Move safely.

| Set # | Exercise Name  | Interval Start |
|-------|--|----------------|
| 1     | Wall Push-Ups  | 0:00           |
|       | Rest 10 Seconds  |                |
| 2     | Calf Raises  | 0:30           |
|       | Rest 10 Seconds  |                |
| 3     | Wall Planks (Hold wall push-up position)                       | 1:00           |
|       | Rest 10 Seconds  |                |
| 4     | WASH YOUR HANDS! (20 seconds standing)                         | 1:30           |
|       | Rest 10 Seconds  |                |
| 5     | WASH YOUR HANDS! (MORE! Hold squat position)                   | 2:00           |
|       | Rest 10 Seconds  |                |
| 6     | Towel Dry Overhead Squats (Do squats & towel dry overhead.)    | 2:30           |
|       | Rest 10 Seconds  |                |
| 7     | Towel Dry Calf Raises  | 3:00           |
|       | Rest 10 Seconds  |                |
| 8     | Towel Dry Deep Breathing (8 seconds Inhale, 12 seconds exhale) | 3:30           |
|       | Rest 10 Seconds  |                |



[20 Seconds or More](#), was created by Hip Hop Public health to empower youth and families with the right information, tools and resources to help mitigate the spread of COVID-19.

## TABATA ROUTINE

### 20-Seconds or More – In Your Room Tabata Routine

Dr Izumi Tabata says exercising in 20 second (or more) intervals can have important health benefits.  
 Dr. Olajide Williams says washing your hands for 20 seconds (or more) can kill viruses and save lives.  
 Perform this Tabata Routine with enough space to move safely.

| Set # | Exercise Name   | Interval Start |
|-------|---|----------------|
| 1     | Squat Hold (while pretending to wash your hands)            | 0:00           |
|       | Rest 10 Seconds   |                |
| 2     | Jumping Jack Feet (while pretending to wash your hands)     | 0:30           |
|       | Rest 10 Seconds   |                |
| 3     | Balance on Right Foot (while pretending to wash your hands) | 1:00           |
|       | Rest 10 Seconds   |                |
| 4     | Ballance on Left Foot (while pretending to wash your hands) | 1:30           |
|       | Rest 10 Seconds   |                |
| 5     | Calf Raises (while pretending to wash your hands)           | 2:00           |
|       | Rest 10 Seconds   |                |
| 6     | Lunges (while pretending to wash your hands)                | 2:30           |
|       | Rest 10 Seconds   |                |
| 7     | Abdominal Crunches (while pretending to wash your hands)    | 3:00           |
|       | Rest 10 Seconds   |                |
| 8     | Jumping Jack Feet (while pretending to wash your hands)     | 3:30           |
|       | Rest 10 Seconds   |                |



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## TABATA ROUTINE

### 20-Seconds or More – CREATE YOUR OWN Tabata Routine

Dr Izumi Tabata says exercising in 20 second (or more) intervals can have important health benefits. Dr. Olajide Williams says washing your hands for 20 seconds (or more) can kill viruses and save lives. Create and perform a Tabata Routine with enough space to move safely.

| Set # | Exercise Name   | Interval Start |
|-------|-----------------|----------------|
| 1     | Exercise 1:     | 0:00           |
|       | Rest 10 Seconds |                |
| 2     | Exercise 2:     | 0:30           |
|       | Rest 10 Seconds |                |
| 3     | Exercise 3:     | 1:00           |
|       | Rest 10 Seconds |                |
| 4     | Exercise 4:     | 1:30           |
|       | Rest 10 Seconds |                |
| 5     | Exercise 5:     | 2:00           |
|       | Rest 10 Seconds |                |
| 6     | Exercise 6:     | 2:30           |
|       | Rest 10 Seconds |                |
| 7     | Exercise 7:     | 3:00           |
|       | Rest 10 Seconds |                |
| 8     | Exercise 8:     | 3:30           |
|       | Rest 10 Seconds |                |



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