**Do-It-Yourself**

**Tabata Choice Board**

During this 3-week module we’ve learned 24 health- and skill-related fitness exercises. Create a board of 8 exercises that you can complete in a 4-minute Tabata fitness circuit. Tabata fitness circuits are 20 seconds of exercise with 10 seconds of rest in between.
This circuit is repeated 8 times and lasts a total of 4 minutes.

**Your Name:**

|  |  |  |  |
| --- | --- | --- | --- |
| **EXERCISE 1** | **EXERCISE 2** | **EXERCISE 3** | **EXERCISE 4** |
| Exercise name: | Exercise name: | Exercise name: | Exercise name: |
| Health or skill related? | Health or skill related? | Health or skill related? | Health or skill related? |

|  |  |  |  |
| --- | --- | --- | --- |
| **EXERCISE 5** | **EXERCISE 6** | **EXERCISE 7** | **EXERCISE 8** |
| Exercise name: | Exercise name: | Exercise name: | Exercise name: |
| Health or skill related? | Health or skill related? | Health or skill related? | Health or skill related? |

**Schedule the time to be active.** In the next 3 days, when will you perform this 4-minute interval routine? Include the day and time.