

## 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.