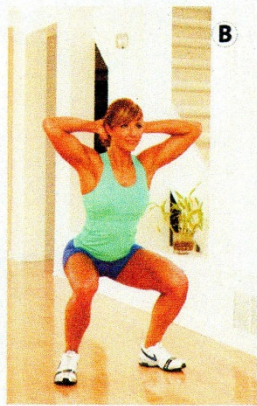
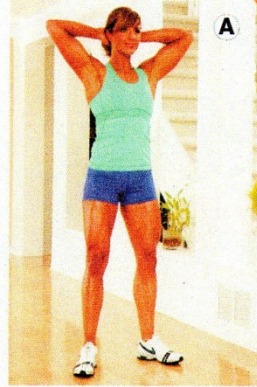


### >Create a new cluster

**Want to switch up your routine?** Since this protocol can be applied to almost any type of exercise, it's easy to create your own Tabata cluster. Make your intervals completely cardio by doing outdoor sprints or hopping on your bike, but be sure to have a timer handy that you can use while in motion, preferably one that beeps or vibrates. And if you possess Xena-like upper body strength, you can even incorporate other body-weight exercises like push-ups or chin-ups into your workout. With so many options, your routine will never get stale!



## jump squat

**TARGET MUSCLES:** quadriceps, gluteus maximus, hamstrings, gastrocnemius

**SET UP:** Lightly place your hands behind your head, elbows pointing toward opposing walls. Position your legs shoulder-width apart, keeping your knees soft and unlocked [A].

**ACTION:** Sink your hips back as you bend your knees, maintaining a straight back [B], then push through your heels and propel your body into the air [C]. Land with soft knees and drop immediately back into your squat. Repeat.

TRY TO AIM FOR SIX INCHES OF CLEARANCE.

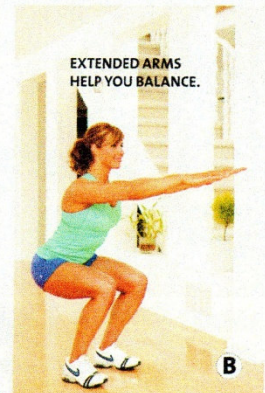
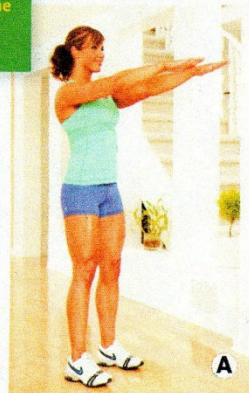
**Easier Alternative:** If you are trying Tabata for the first time or suffer from knee problems, substitute a body-weight squat until you have progressed to the jump variation.

## body-weight squat

**TARGET MUSCLES:** quadriceps, gluteus maximus, hamstrings, gastrocnemius

**SET UP:** Stand with your feet shoulder-width apart, arms extended parallel to the ground in front of your body [A].

**ACTION:** Sink into a squat by bending at your knees and hips [B]. Keep your shoulder blades retracted and chest high to maintain a stable torso. Stop when your thighs become parallel to the ground. Press through your heels to return to the standing position. Repeat immediately. ©

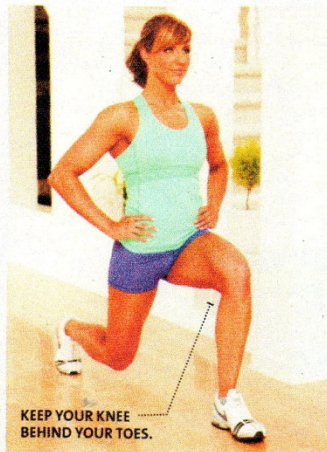


EXTENDED ARMS HELP YOU BALANCE.



## Ultimate Performance Directions:

- These exercises are strictly for advanced trainees. The moves should be performed at such a fast pace that you have nothing left by the time you reach your rest period.
- Even though you are performing these moves rapidly, do not compromise your form. Foy says that if done correctly, Tabata training can actually reduce your risk of injury by strengthening your muscles, ligaments and tendons over time, which will allow you to push more weight safely when you strength train.
- Do not replace your entire training program with Tabata. Traditional exercise has an important place within every fitness regimen, and Tabata training should be viewed as a valuable addition to these activities, not a substitution.



## lunge

**TARGET MUSCLES:** quadriceps, gluteus maximus, hamstrings, gastrocnemius

**SET UP:** Stand with your feet hip-width apart, hands resting gently on your hips.

**ACTION:** Step your left leg forward and bend both knees. Press through your front heel to return to the starting position before repeating on the opposite side, alternating legs with each rep.

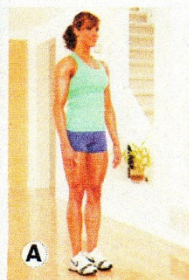
## burpee

**TARGET MUSCLES:** anterior and middle deltoids, pectorals, abdominals, gluteus maximus, quadriceps

**SET UP:** Stand with your feet close together [A].

**ACTION:** Squat down, placing your hands on the floor in front of your feet [B]. Jump your legs behind you, bringing your body into a plank position [C]. Hop your legs back toward your hands before pressing through your heels to return to the start. Repeat immediately.

**RAMP IT UP:**  
After you jump your feet between your hands, explode into the air and try to jump as high as possible.



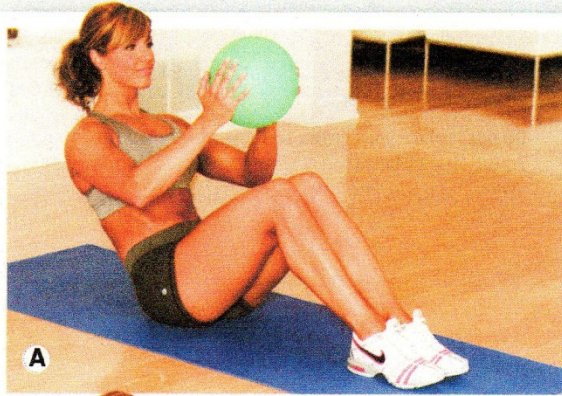
### Did you know?

This move is sometimes referred to as a squat thrust.

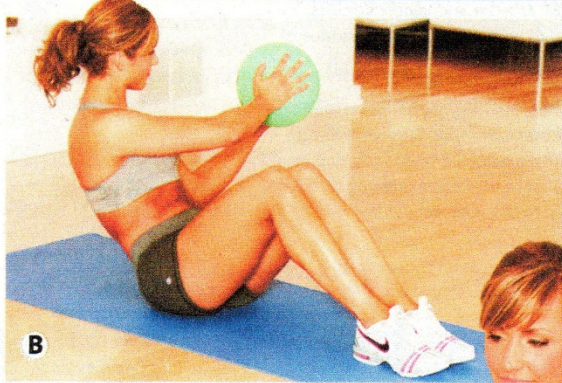
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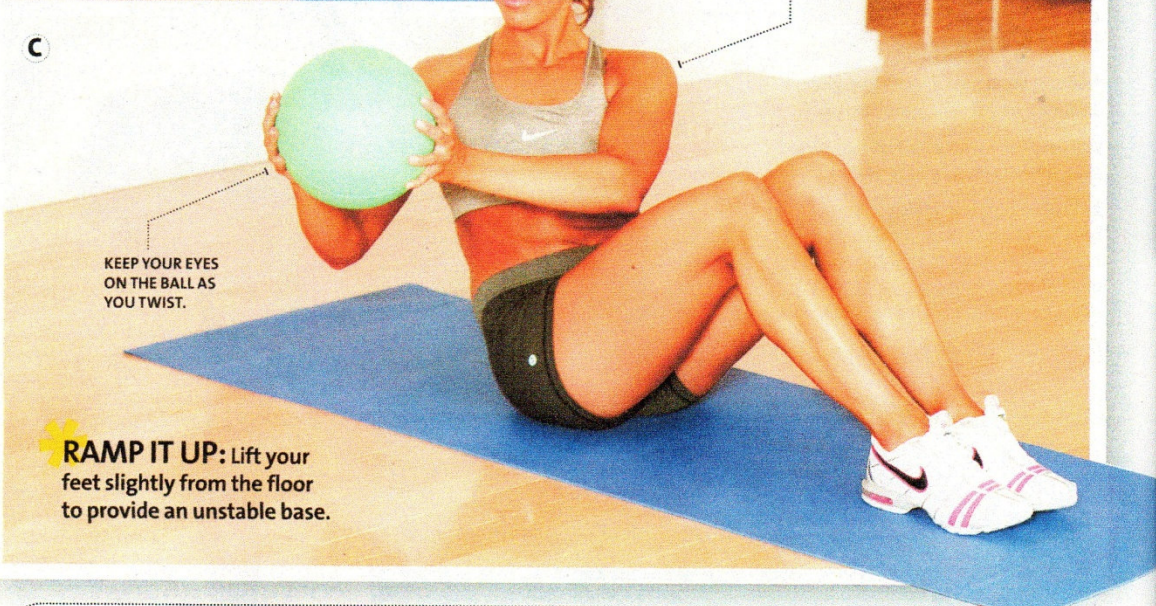




A



B



C

KEEP YOUR EYES ON THE BALL AS YOU TWIST.

**RAMP IT UP:** Lift your feet slightly from the floor to provide an unstable base.

## seated ball twist

**TARGET MUSCLES:** obliques, transverse abdominis, rectus abdominis, anterior deltoids

**SET UP:** Sit on the floor, feet together and flat on the ground, holding a medicine ball close to your chest with bent arms. Lean back slightly so your upper body forms a 45-degree angle with the floor [A].

**ACTION:** Contract your abdominals and rotate your torso to the left [B], then the right [C], keeping the ball in the same position in relation to your chest as you move. Remember to keep your breathing slow and controlled as you rotate. Repeat, twisting back and forth using muscle control for the duration of your interval.



### Did you know?

Quick reps reduce levels of myostatin, a protein that can limit muscle growth.

DON'T ROUND YOUR SHOULDERS FORWARD.

## Timing your Tabata

Since Tabata training is measured in seconds and not reps, you will need to have a partner with a stop-

watch nearby to monitor your session. Want to go it alone? Plan on investing in a specialized timer. The Gymboss Interval Timer ([gymboss.com](http://gymboss.com)) works with many

types of interval training, while KATR Software Inc.'s Tabata Timer for the iPhone, iPod Touch and iPad is perfect for workouts on the go. Search the iPhone App Store for info.