

# Tabata is a H.I.I.T.!

H.I.I.T. training is all the rage these days. Meaning 'High Intensity Interval Training', it's a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. Tabata is a version of H.I.I.T., and it's no joke! Example routine below:

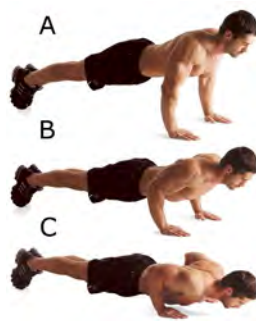
**WORK**  
**00:20**

**REST**  
**00:10**

8 cycles = 4 minutes  
8 exercises = 1 class  
= **DONE!**



1) Kettlebell Swings



2) Pushups



3) Squats



4) Biceps Curls



5) Dumbbell Press



6) Burpees



7) Mountain Climbers



8) Kettlebell Sumo High Pulls

Do each exercise 8 times: 20 seconds of work followed by 10 seconds of rest. Rest 1 minute between each different exercise. Sounds easy? The key is to maintain a brisk pace, doing as many reps of each exercise in the 20 second span. You'll be surprised at how tough a workout it can be when done properly. Give it a try!