

Tabata Training The 4 Minute Workout

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Tabata Training The 4 Minute

Tabata training is all about short, sharp bursts of intensity. ... intense four-minute Tabata workouts to get your heart pumping,' says Anthony Mayatt, ... Routine 4 (cardio) Exercise 1 - Burpees

The 20-minute workout: Full body Tabata | Metro News

Favorite interval workout: 4 x 4 minutes with 2 minutes rest. Do the first interval at about 80% effort until you get to the last 30 seconds, then up the intensity. Start at 85% for the next two intervals, again increasing the intensity in the last 30 seconds. On the last one, start at 85% and build the intensity through the last minute.

Interval Training - Concept2

High Intensity Interval Training ... Tabata, Boot Camp-style workouts, spin class, etc.), many may not think of using the treadmill for this type of workout. ... 10 minutes 2. Run at 10 mph for 30 seconds to 1 minute 3. Walk at 3.5-4 mph for 2 minutes 4. Repeat this cycle 7 more times (8 cycles total) 5. If the work interval isn't enough of a ...

How to do High Intensity Interval Training (HIIT ...

Your heart-rate reserve is 100 beats per minute. This heart-rate reserve represents the cushion heartbeats available for exercise. 4. Calculate Your Aerobic Training Heart-Rate Range for Fat Burning. This fat-burning range will lie between 50 and 75 percent of your heart-rate reserve. Using the example above, 50 percent of 100 beats per minute ...

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