

Tabata Workout On The Helix (8-10 minutes)

Developed by Dr. Izumi Tabata at Tokyo's National Institute of Fitness and Sports to induce aerobic and anaerobic conditioning simultaneously, this workout has been widely adopted by the mixed martial arts community and fitness enthusiasts seeking to develop supreme fitness levels and physical development.

Specific benefits from Tabata include:

- Increased fat loss (increased metabolic rate = increased potential for fat loss)
- Increased conditioning and stamina
- Time saving and super-efficient (10 minutes including warm up)
- Increased ability to perform high intensity exercise
- Increased mental toughness due to the exercise intensity involved

Helpful tips:

- All-out effort during Interval I in each round
- Do nothing but breathe during Interval II, stick strictly to the 10 second rest period - NO LONGER
- Have a clock plainly visible (Helix Monitor or Tabata timer available online)
- During the rest period, stay put, and breathe
- It's 4 minutes, it's not forever - although it will feel like it at the time
- This training is incredibly demanding, and as such should be treated with respect and performed at most 2-3 times a week with a day of recovery in between.

THE TABATA WORKOUT ON Helix					
Interval	Perceived Exertion	Time	Beginner Resistance	Intermediate Resistance	Advanced Resistance
Warm Up	Light	2-3 min	L 1-2	L 2-3	L 3-4
I	Very Hard to Max	20 sec	L 3-4	L 4-5	L 5-6
II	Very Light	10 sec	rest	rest	rest
Repeat Intervals I-II			7 times	7 times	7 times
Cool Down	Light	2-3 min	L 1-2	L 1-2	L 1-2
Total Time			8-10 min	8-10 min	8-10 min