

Are you as fit as you think you are?  
Is your PB the best it could be?

Find out with

# TABATA TRAINING

## FROM TAY FITNESS



Just how hard and effective  
can 4 minutes of exercise be?

Let us help you build a unique  
TABATA regime to meet your goals:

**FASTER PB TIMES + BUILD STRENGTH**  
**INCREASE ENDURANCE + LOSE WEIGHT**  
**IMPROVE ALL ROUND FITNESS**

Take your fitness to the next level!



## What is TABATA?

The Tabata workout is a high-intensity interval training regime that produces remarkable results. A Tabata workout comprises of an interval training cycle of 20 seconds, followed by 10 seconds of rest, repeated over and over for several minutes.



Credit for this powerful training method belongs to its namesake, Dr. Izumi Tabata and a team of researchers from the National Institute of Fitness and Sports in Tokyo, Japan. Their groundbreaking 1996 study, published in the journal 'Medicine and Science in Sports & Exercise', provided documented evidence concerning the dramatic physiological benefits of high-intensity interval training. After just 6 weeks of training, Dr. Tabata noted a 28% increase in anaerobic capacity in his subjects, along with a 14% increase in their ability to consume oxygen (VO2 Max). These results were witnessed in already physically fit athletes. The conclusion was that just four minutes of Tabata interval training could do more to boost aerobic and anaerobic capacity than an hour of endurance exercise.

## How effective can a Tabata workout be?

Very! You will be amazed at how intense the workout will feel. The intervals tax both your aerobic and anaerobic energy systems and provide you with a total body workout unlike any other.

Think you've experienced pain, think again!

## What Next?

Contact us now to discuss your goals.

Sessions last a maximum of 1 hour and are structured to stress specific muscle groups to provide you with a super intensive, muscle building, calorie burning, fat stripping work out, like nothing you'll ever have experienced before.



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