

Tabata Protocol Interval Workout

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



TIME	INTERVALS
0:00-0:20	1
0:20-0:30	Rest
0:30-0:50	2
0:50-1:00	Rest
1:00-1:20	3
1:20-1:30	Rest
1:30-1:50	4
1:50-2:00	Rest
2:00-2:20	5
2:20-2:30	Rest
2:30-2:50	6
2:50-3:00	Rest
3:00-3:20	7
3:20-3:30	Rest
3:30-3:50	8
3:50-4:00	DONE! 😊

(30 Seconds=1 Set • 8 Sets=1 Round • 1 Round=4 Minutes)