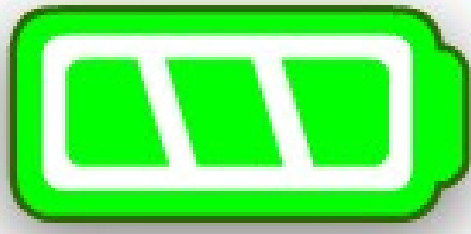



TABATA WORKOUTS BY KIDS FOR KIDS

PROUDLY MADE BY THE GRADE 5 STUDENTS OF



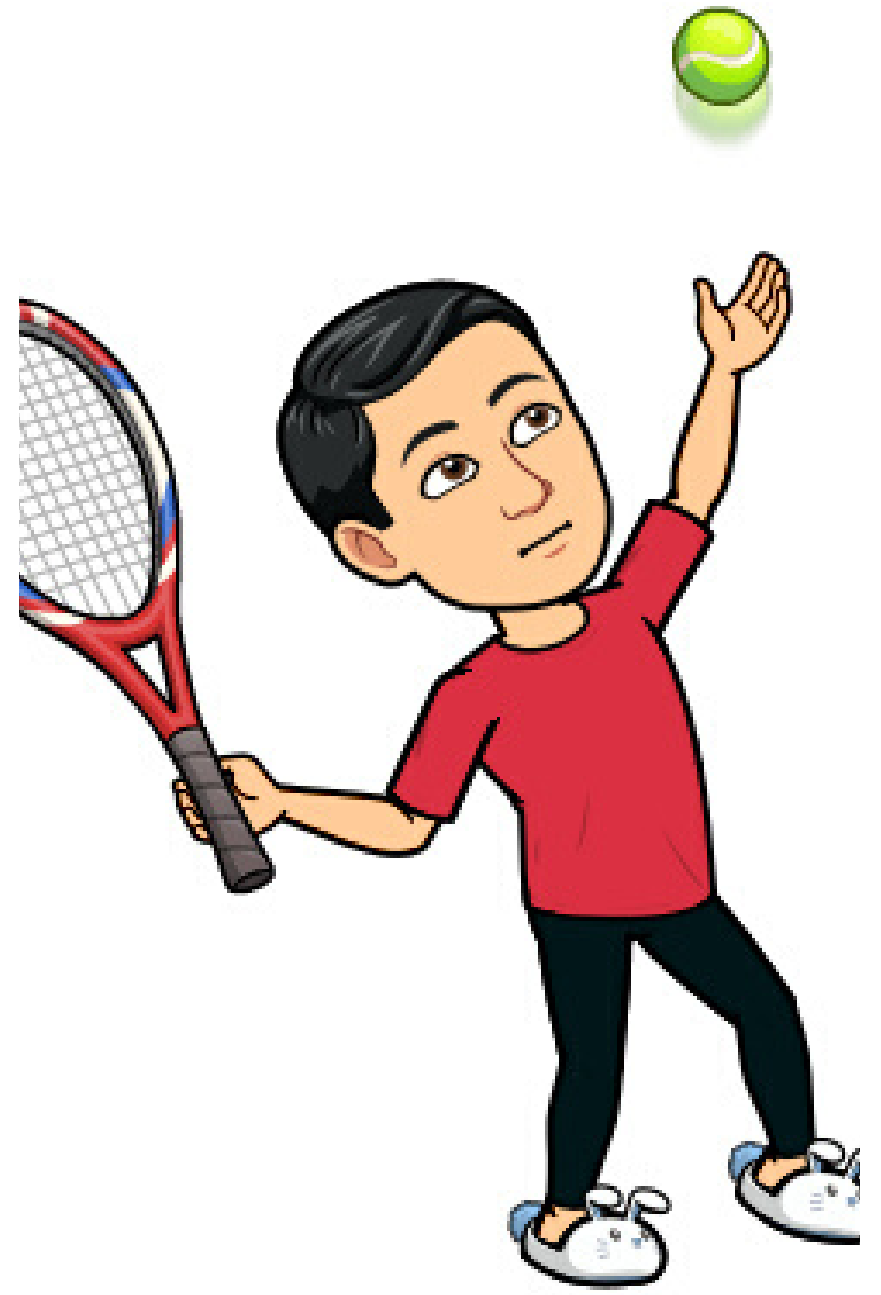
ABOUT THE AUTHORS



Hi, I'm Helen and I am one of the authors of this book. I am studying currently as a 5th grade at Beijing City International School. Some of my interests includes learning, doing sports, and relaxing. Everyone starts somewhere. Create a change!



Hello guys, I'm Crystal and am currently in Beijing City International School 5th grade. I am one of the authors of this book as well. I loooove reading, sports, movies, and hanging out with Helen and a bunch of other friends. Fitness rocks!



Hi! I'm Mr. David and I am a PE teacher at Beijing City International School. I enjoy exercising and playing different sports. Tennis is my favorite! I also enjoy playing my Xbox and getting stuck into a good book.

The only place where success comes before work is in the dictionary.

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What is Tabata?

Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes. It takes only four minutes but is very effective. It is a great choice for kids and adults when you want to exercise but only have a short amount of time.

History of Tabata:

Tabata training was discovered by Japanese scientist Dr. Izumi Tabata and a team of researchers from the National Institute of Fitness and Sports in Tokyo.

Structure:

Work out hard for 20 seconds

Rest for 10 seconds

Complete each activity once

Total amount of time: 4 minutes

Below are some Tabata workouts that you can try out yourself!!

Sweat
SMILE
&
REPEAT



Limits
exist
only in
the mind 1

Levels (Easy)

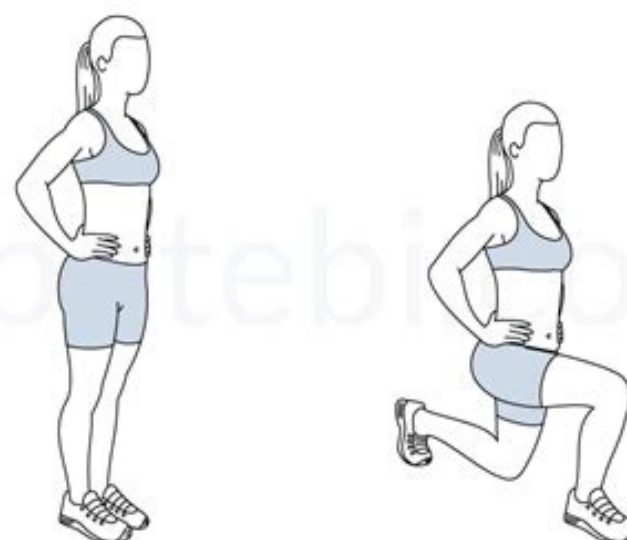
Like your workouts simple, direct and compelling? This workout is just perfect for you!

Helen

1. Jumping jacks



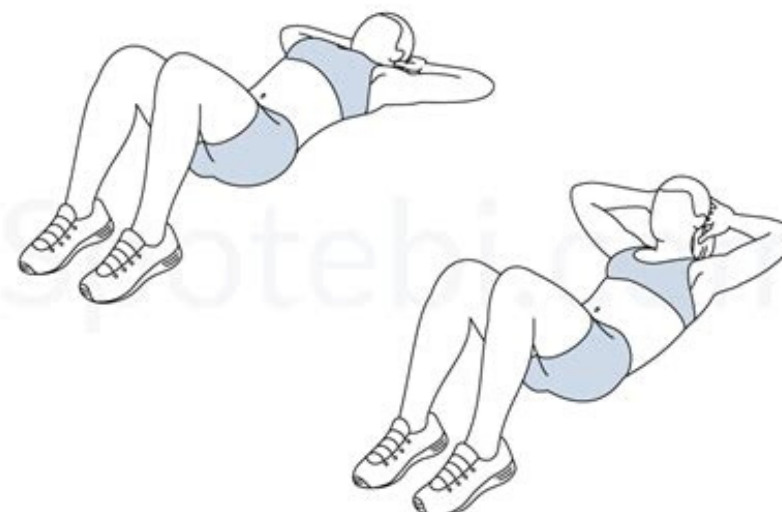
2. Lunges



3. Squats



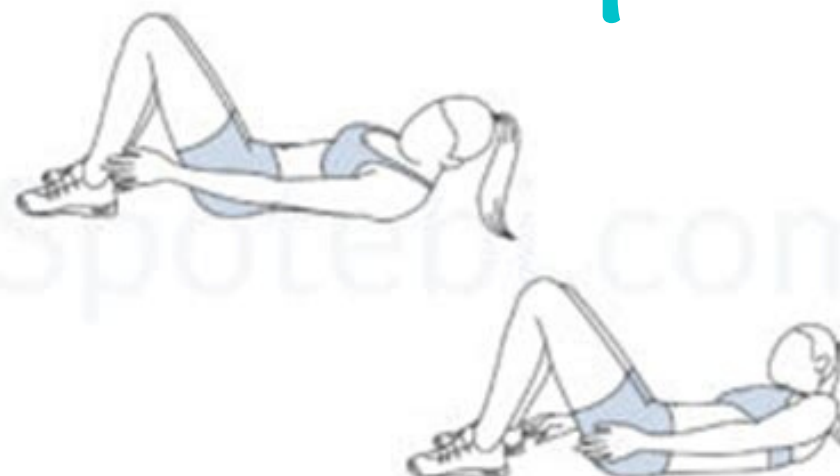
4. Crunches



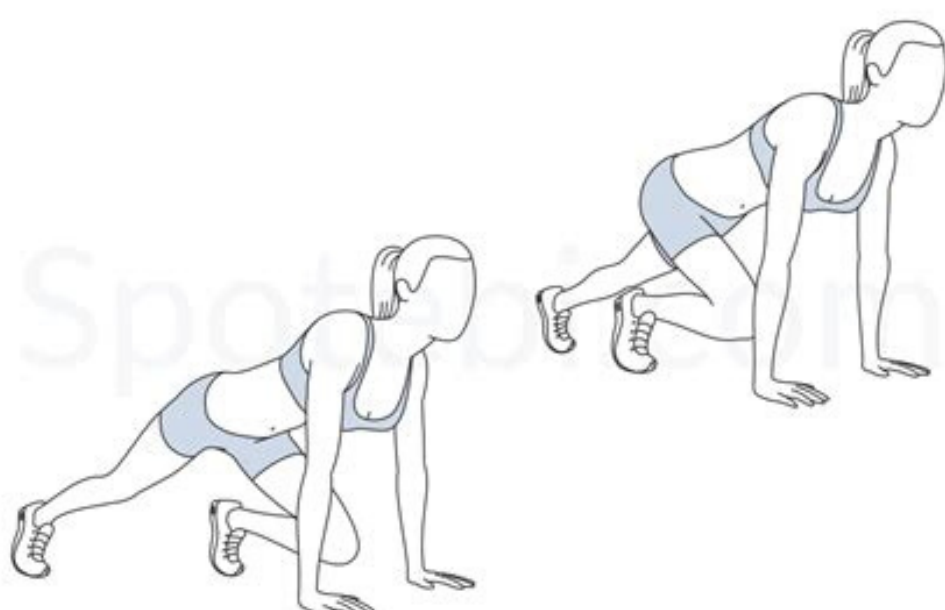
5. Bridges



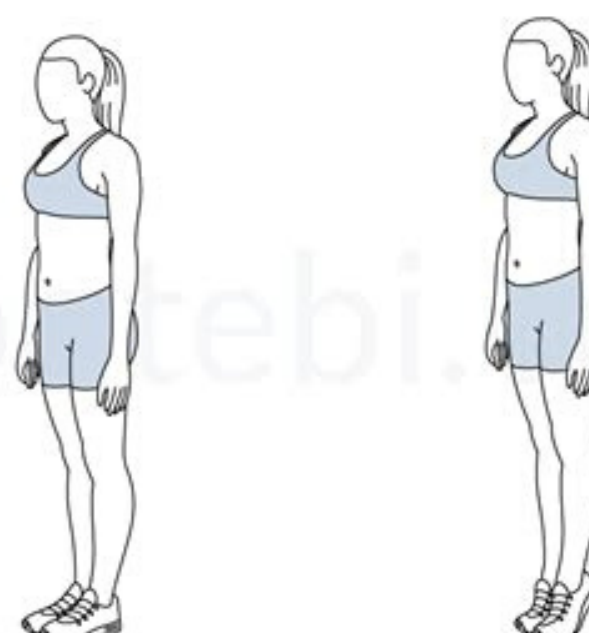
6. Heel taps



7. Mountain climbers



8. Calf raises

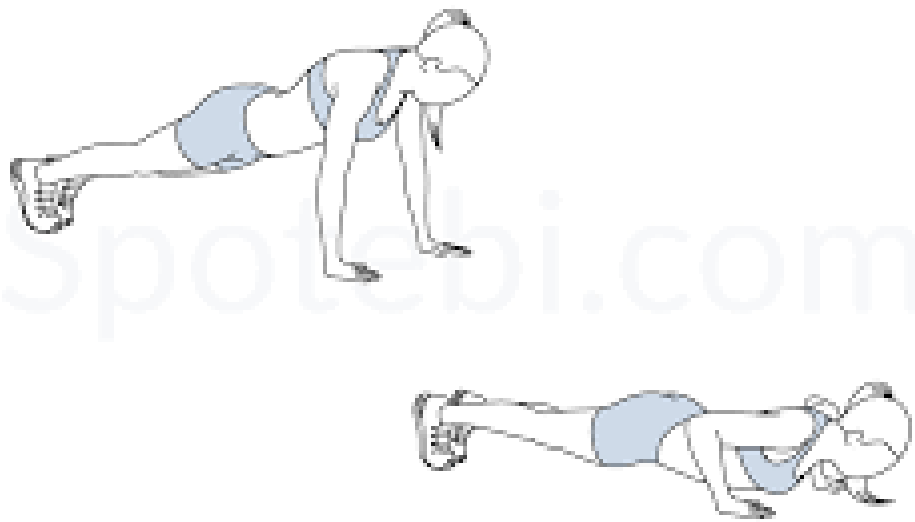


Levels (Hard)

Like your workouts simple, direct and compelling? This workout is just perfect for you!

Helen

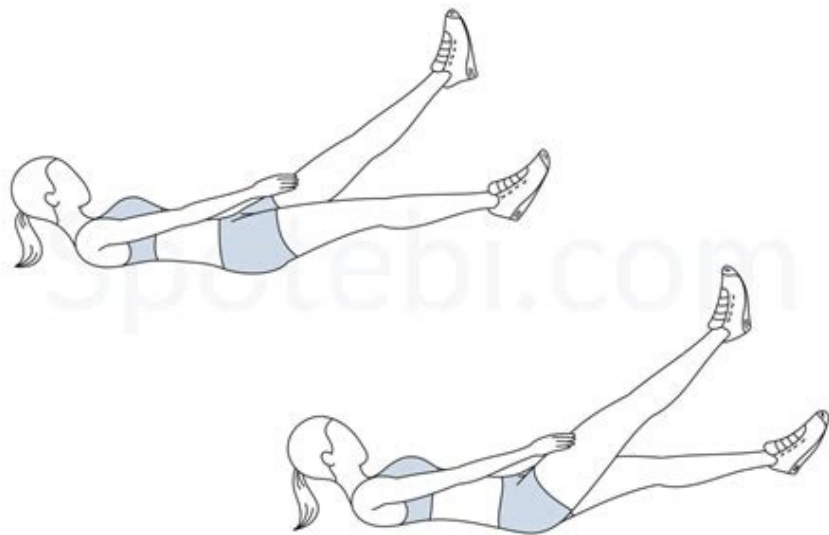
1. Push-ups



2. Burpees



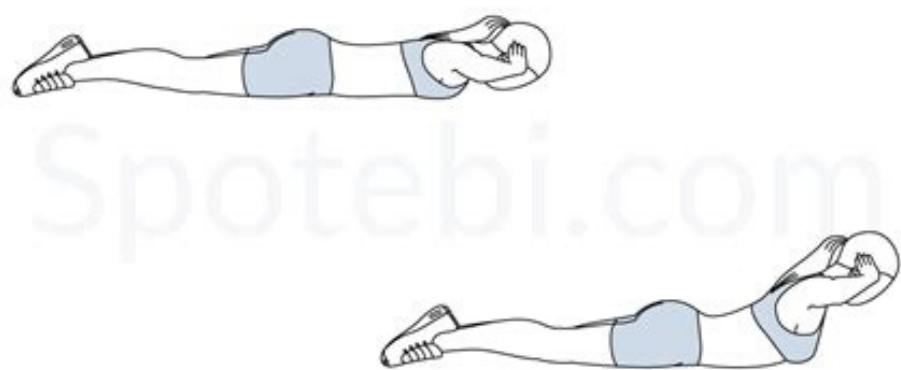
3. Flutter kicks



4. Bicycle crunches



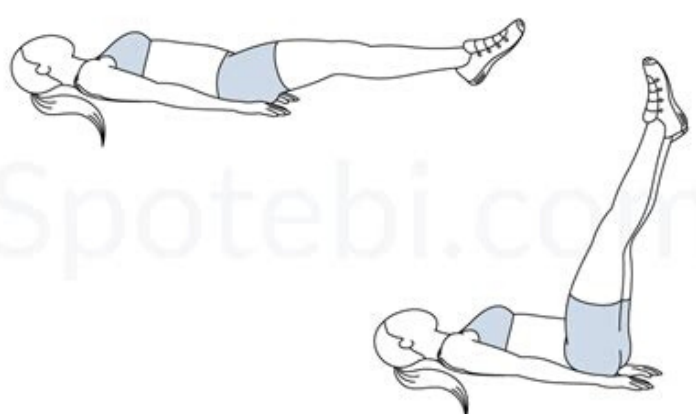
5. Back extension



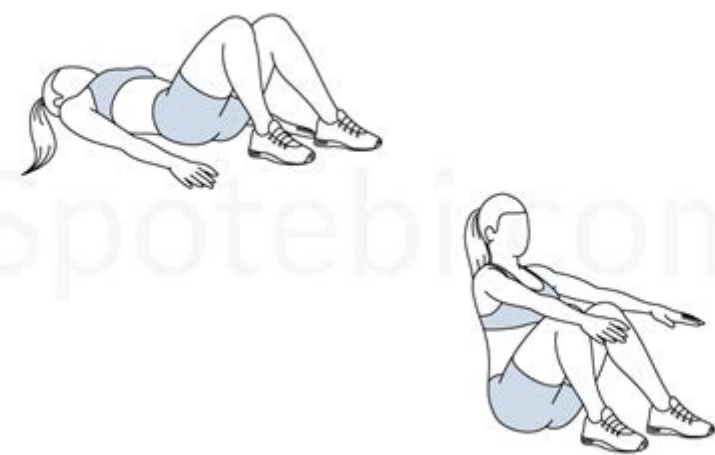
6. Squats jumps



7. Leg raise



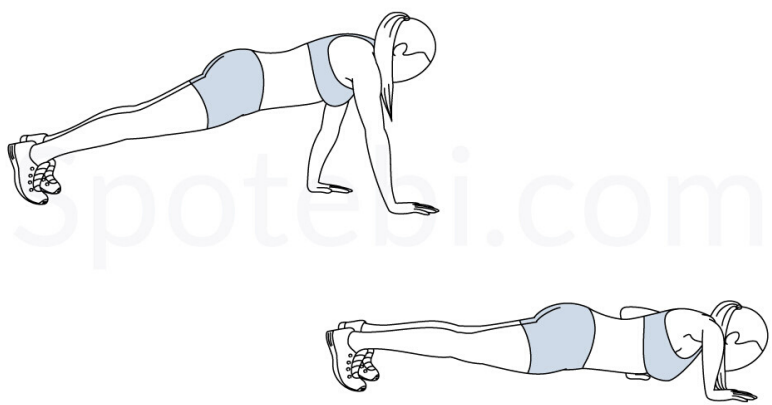
8. Sit-ups



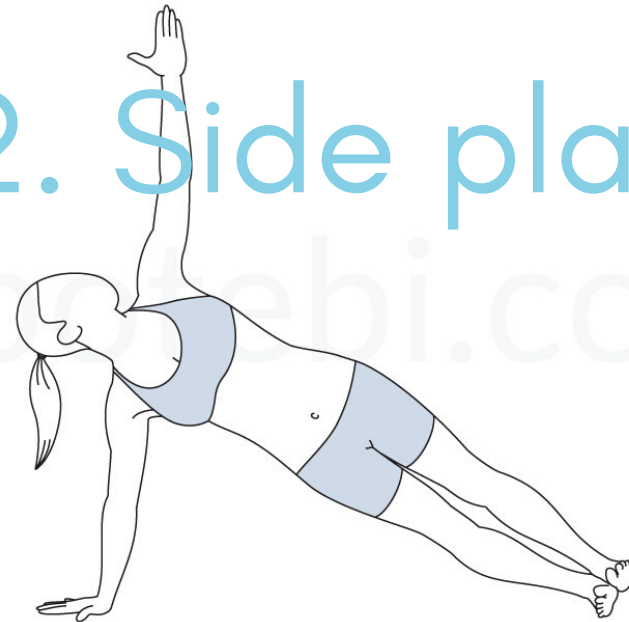
CRYSTALLIZE

PERFECT your focus, PERFECT your form, PERFECT your workout, CRYSTALLIZE your health. Crystal

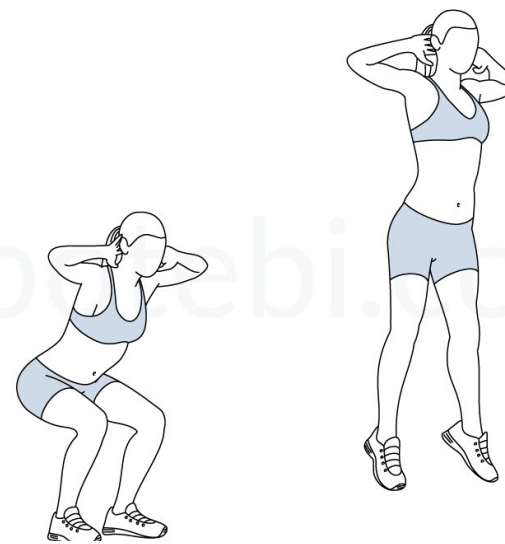
1. Push-ups



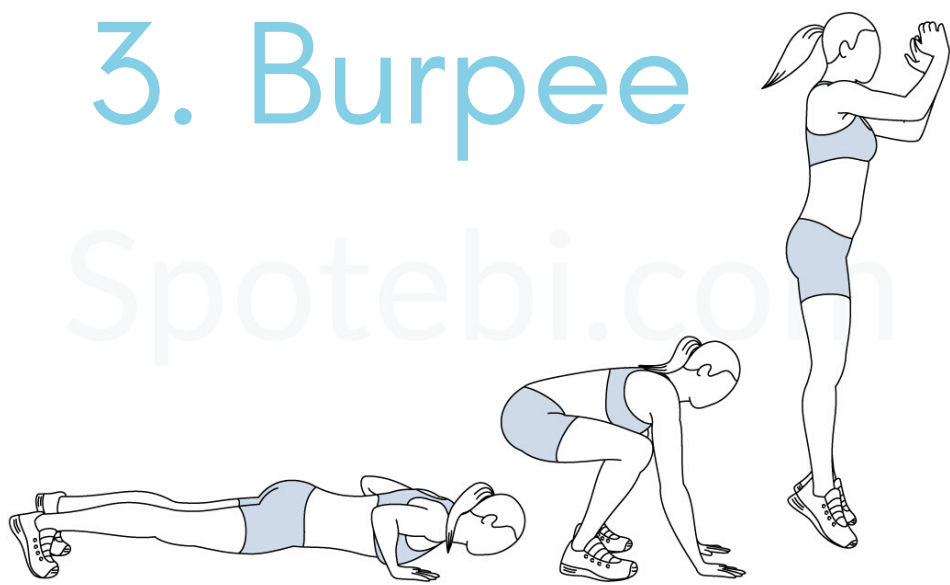
2. Side plank



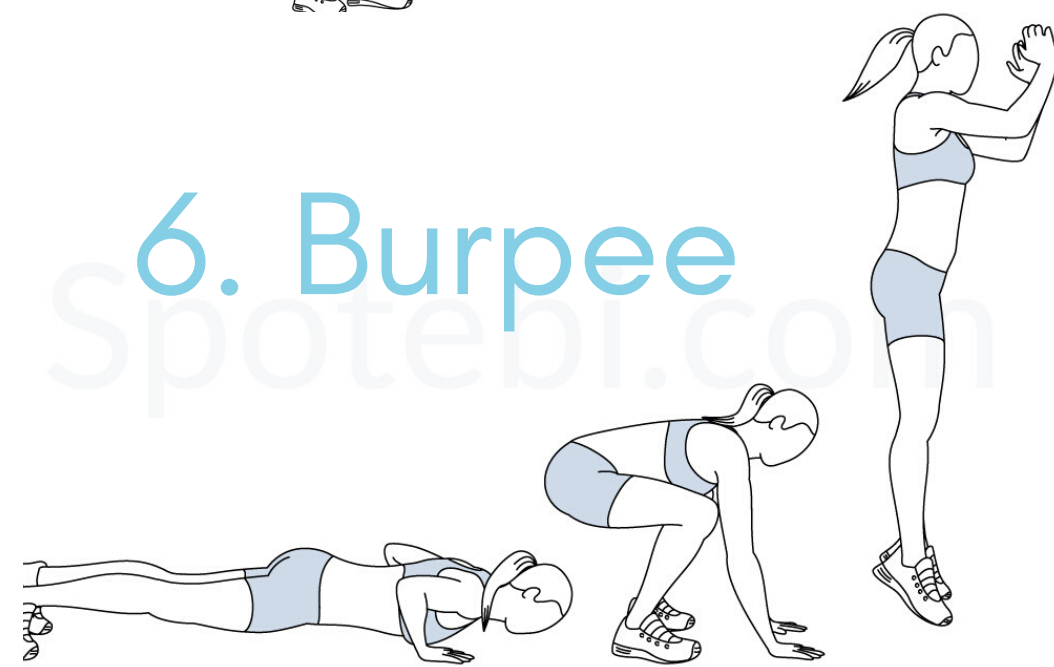
4. Jump squats



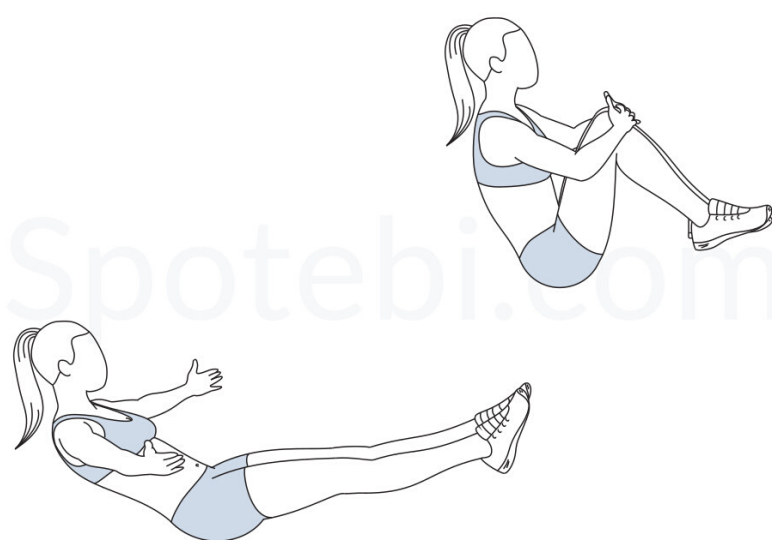
3. Burpee



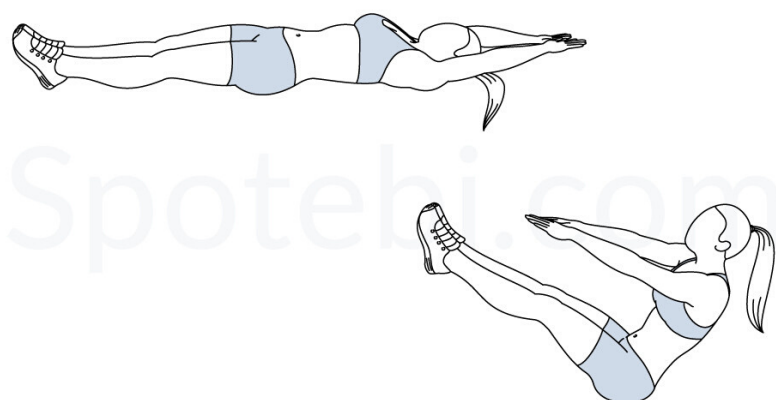
6. Burpee



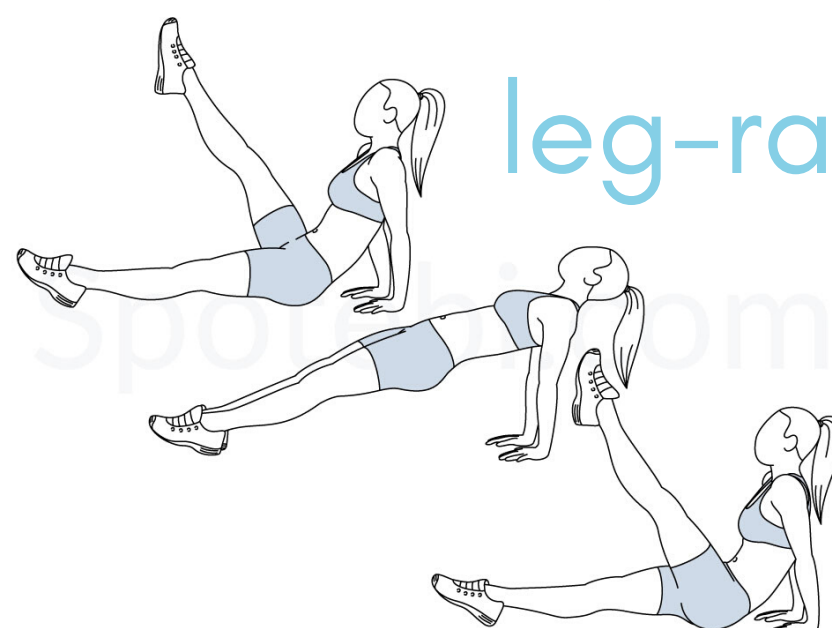
5. Knee hugs



7. V-ups



8. Reverse plank leg-raises

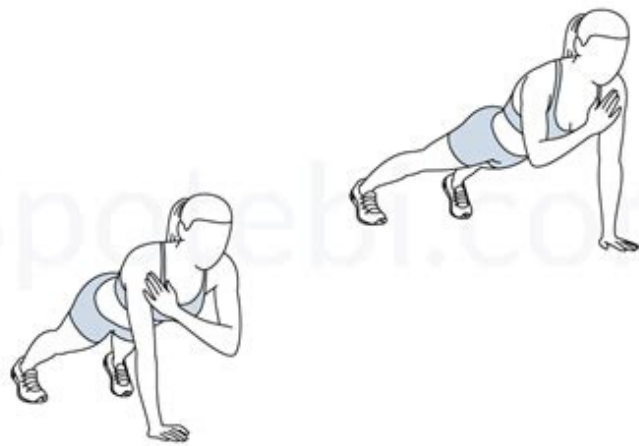


THE ABS

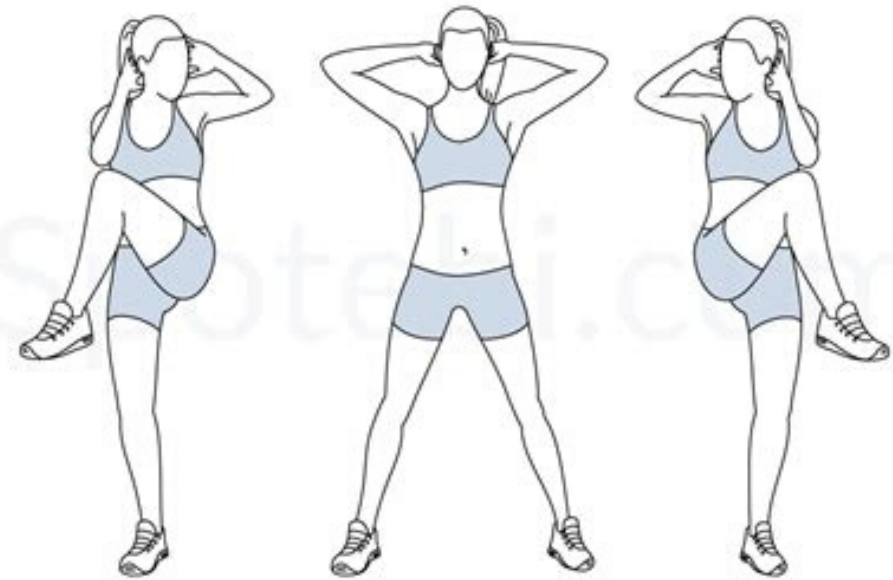
Trying to get six pack abs? Try this out and you'll get what you want!

ISABEL

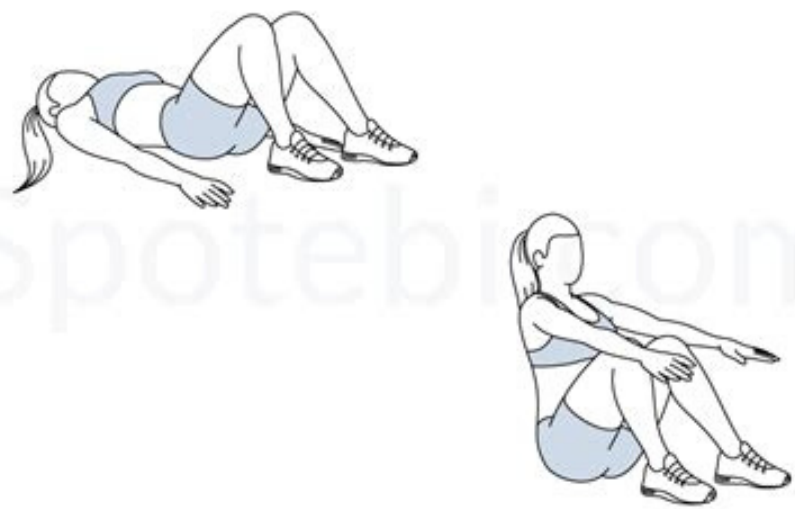
1. SHOULDER TAPS



2. KNEE TO ELBOW



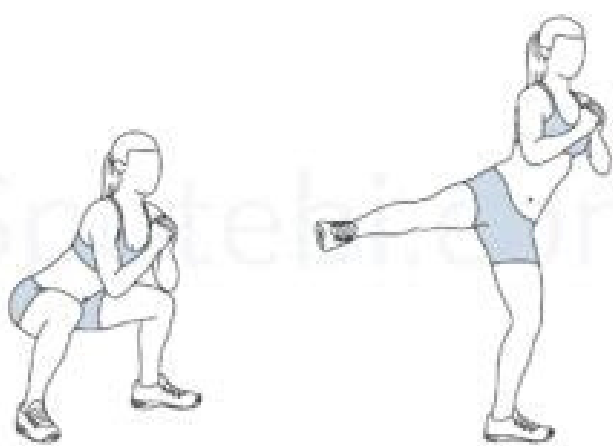
3. SIT-UPS



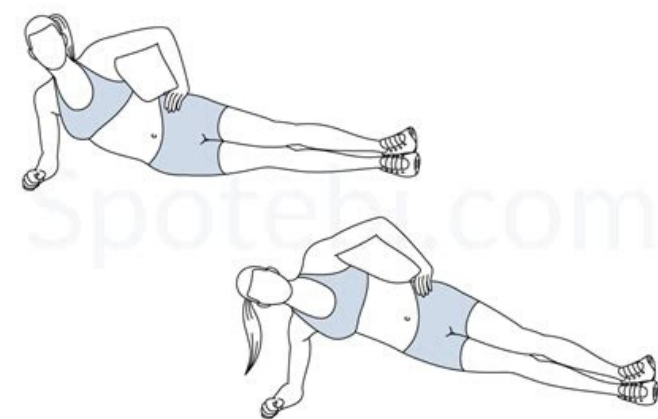
4. LEG EXTENSIONS



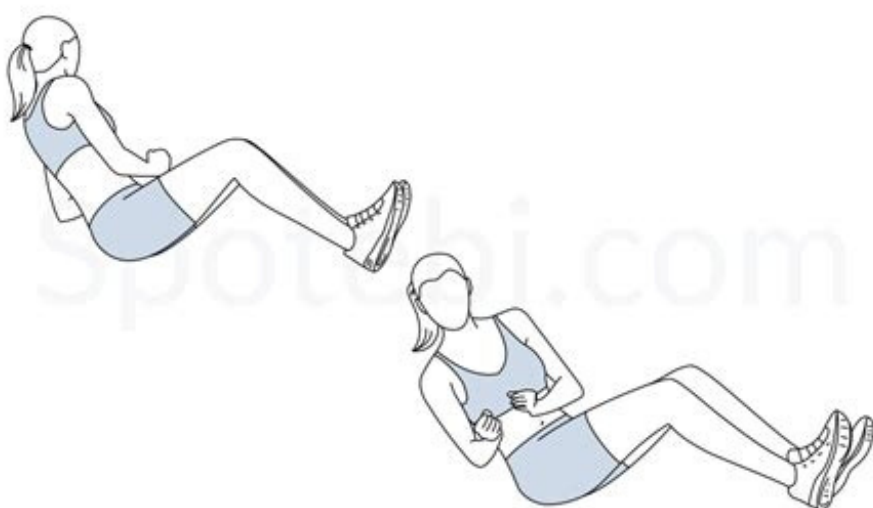
5. SIDE LEG-RAISES



6. SIDE BRIDGES



7. TWISTS



8. CRUNCH KICKS

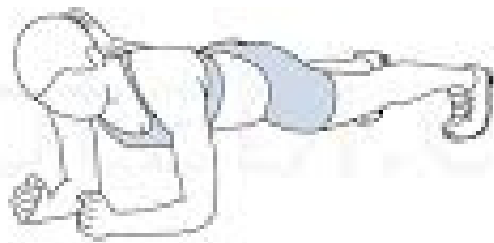


Have fun

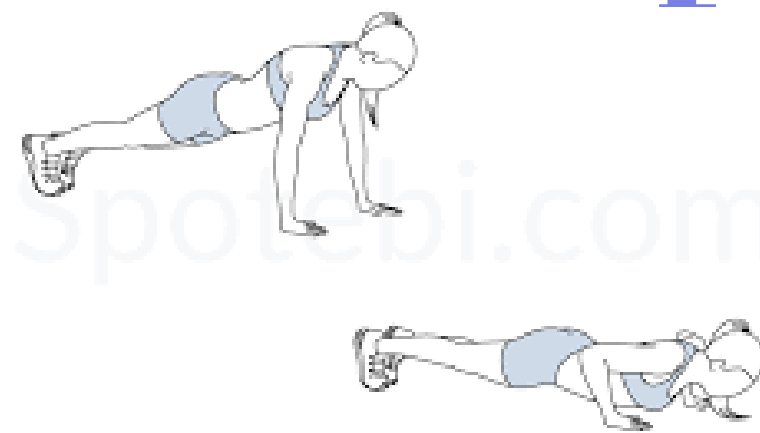
Amy

**Come and check out this
easy but effective workout!**

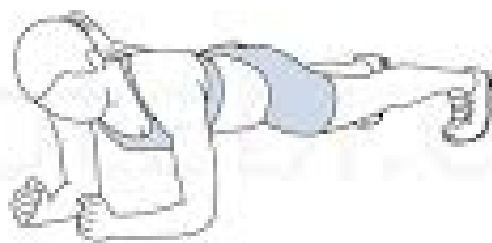
1.Plank



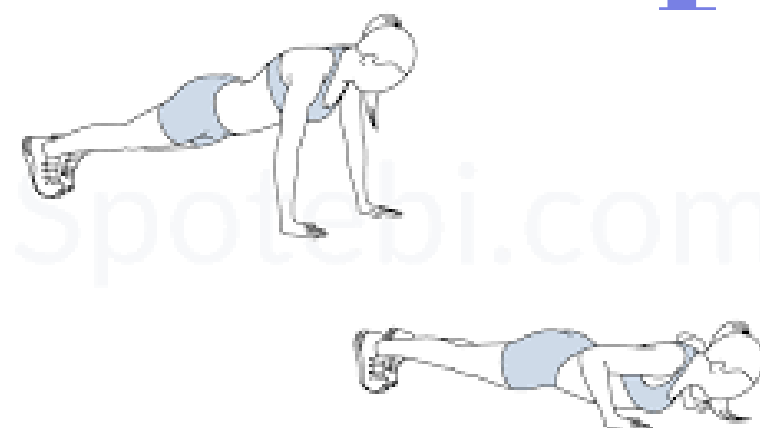
2.Push-up



3.Plank



4.Push-up



5. Jumping jacks



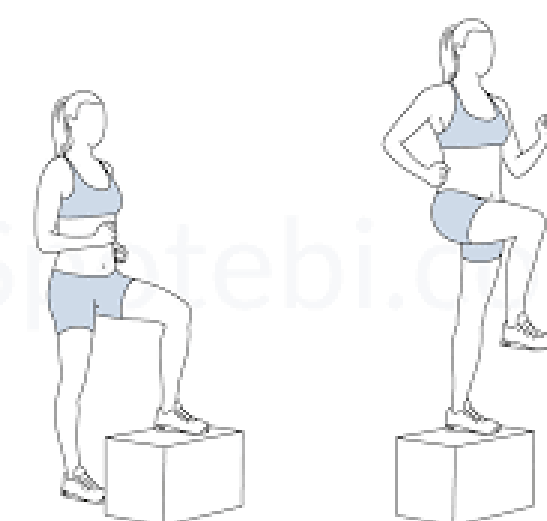
6. Step-ups



7. Jumping jacks



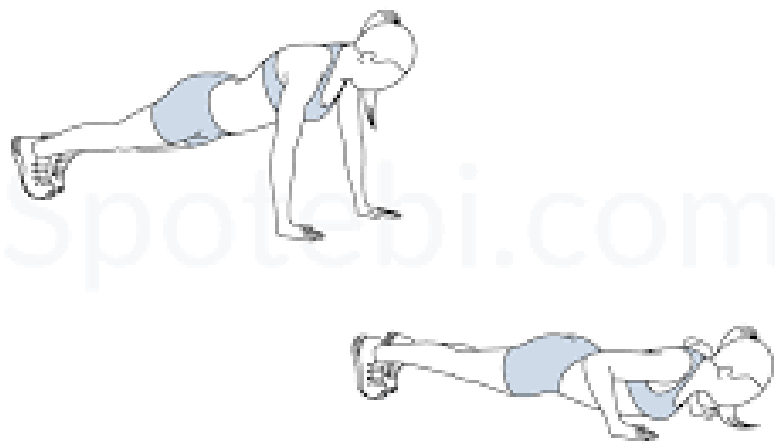
8. Step-ups



Get Active Bridget

WE CAN DO THIS EXERCISE WHEN WE WAKE UP! IT WILL GET US ACTIVE FOR THE DAYS WORK.

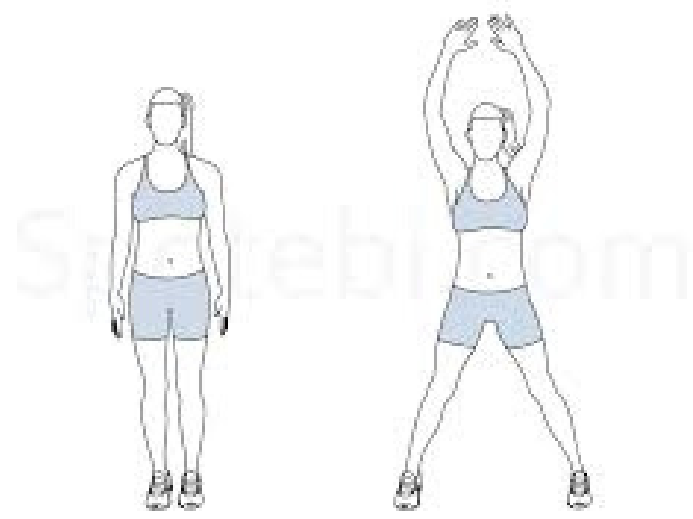
1. Push-ups



2. Wall sit



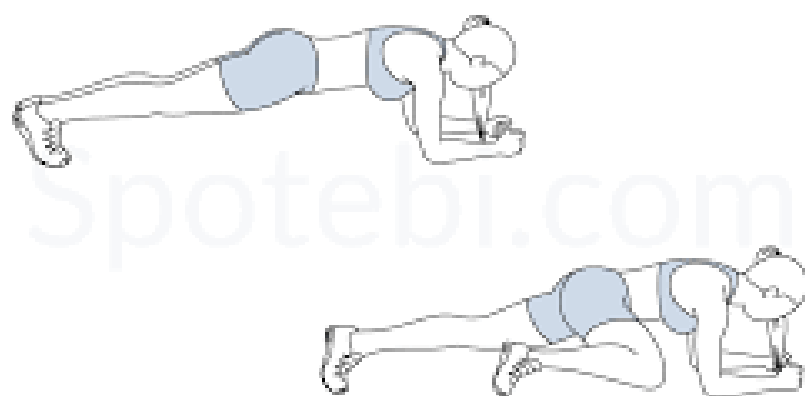
3. Jumping jacks



4. Plank get-ups



5. Spider man plank



6. Squats



7. Jumping jacks



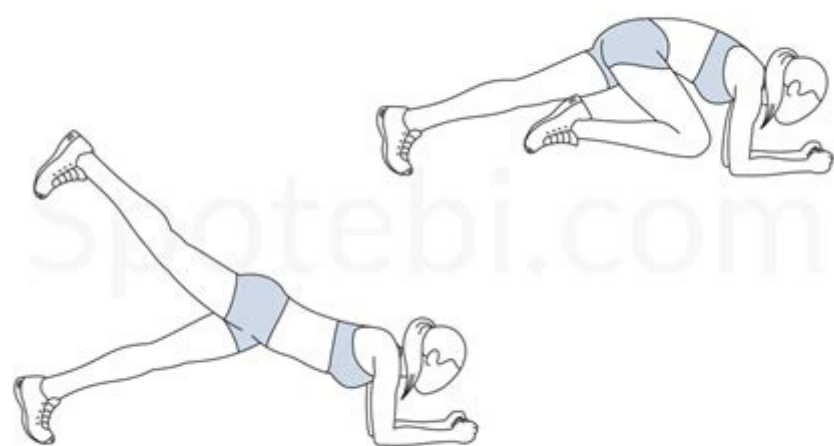
8. Burpees



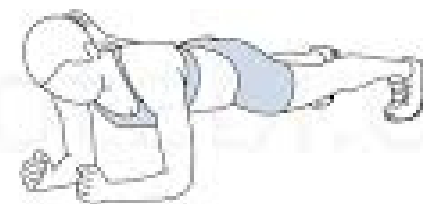
MINIMISE FAT

Minimise fat exercises, and adding on to your muscular endurance, and your health. My workout is kind of working on muscular endurance (to stay strong, and fit) and also , your flexibility. **Minnie**

1. Knee to elbow kicks



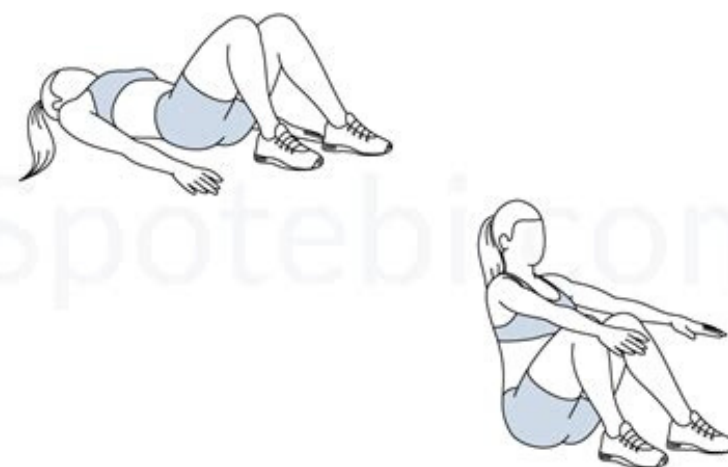
2. Plank



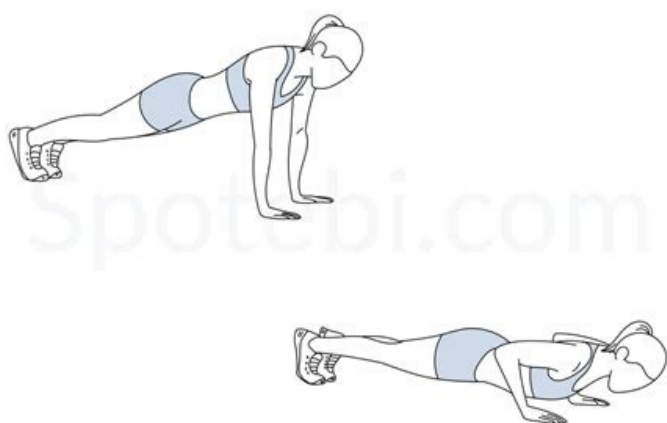
3. Star jumps



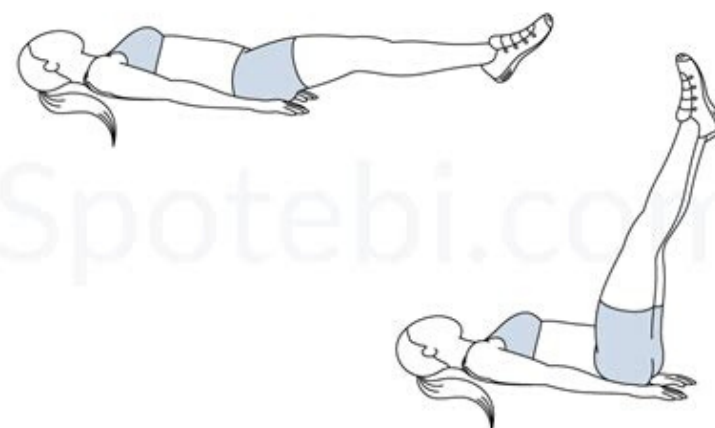
4. Sit-ups



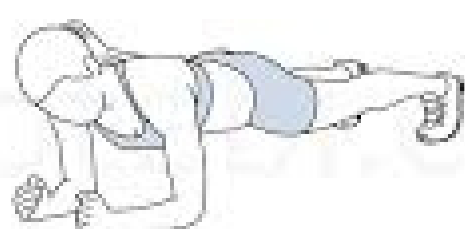
5. Push-ups



6. Leg lower



7. Plank



8. Squats

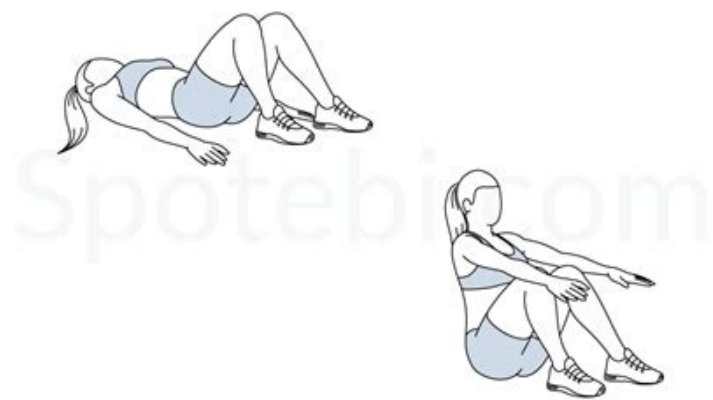


HEALTHY TRACK

This workout can help you with your muscle, getting stronger and healthy!

Rosy

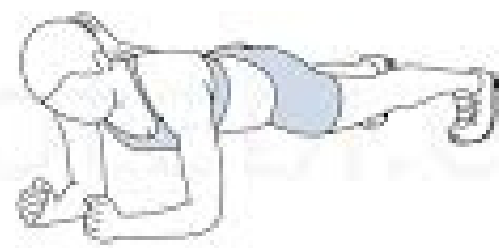
1. Sit-ups



2. Full turn jump



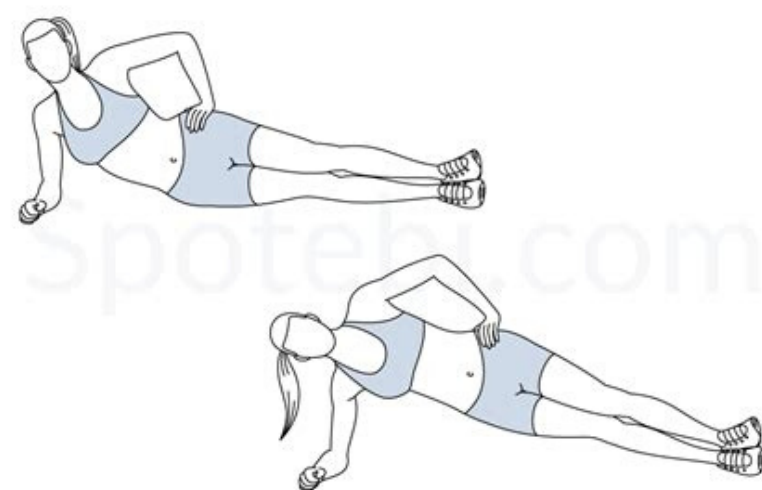
3. Plank



4. Bridge



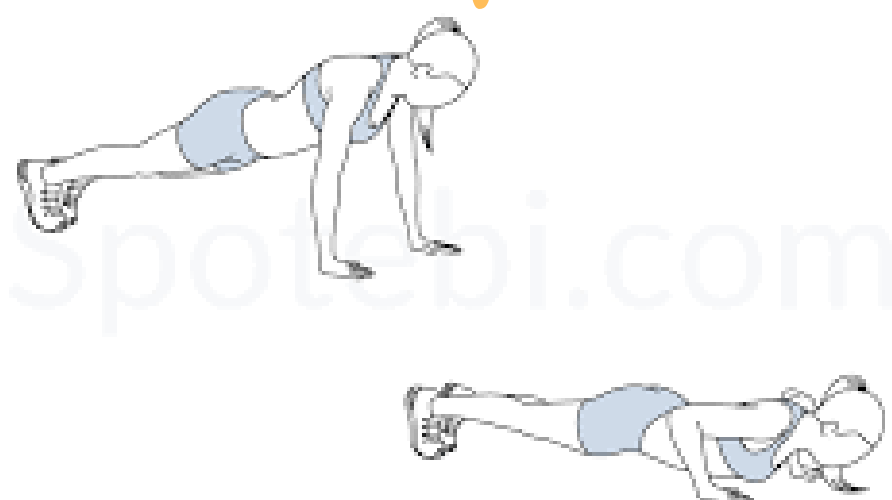
5. Side support



6. Jumping jacks



7. Push-ups



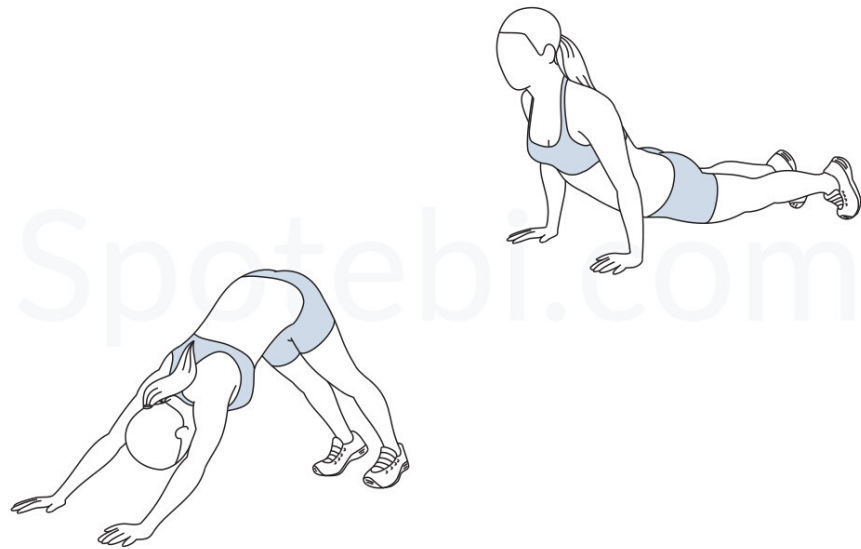
8. Frog jump



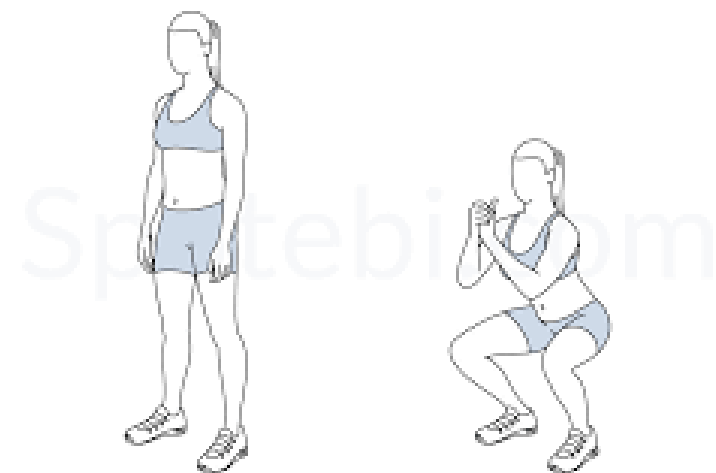
Superb Stressful Workout

Looking for a really stressful *Rita* workout? Here's your solution.

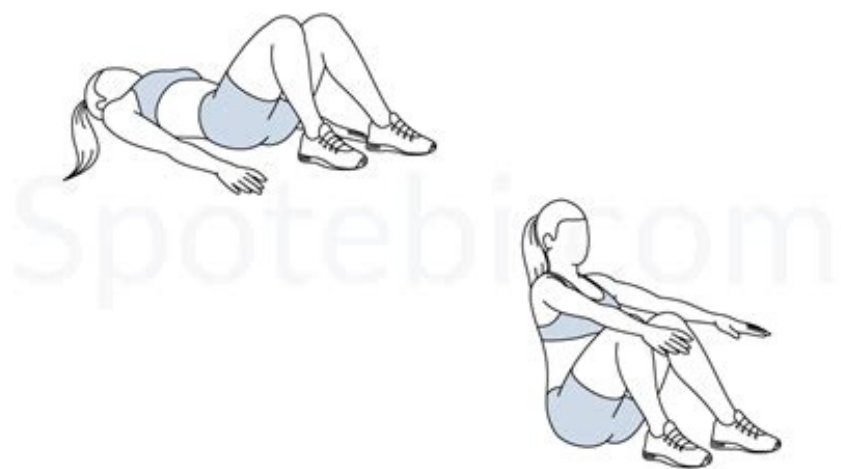
1. *Hindu push-ups*



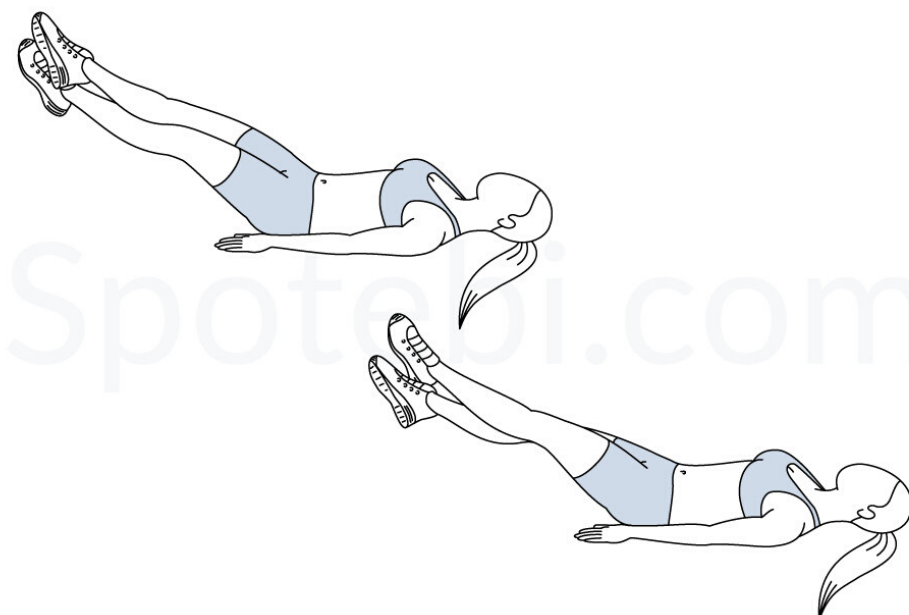
2. *Squats (at least 10)*



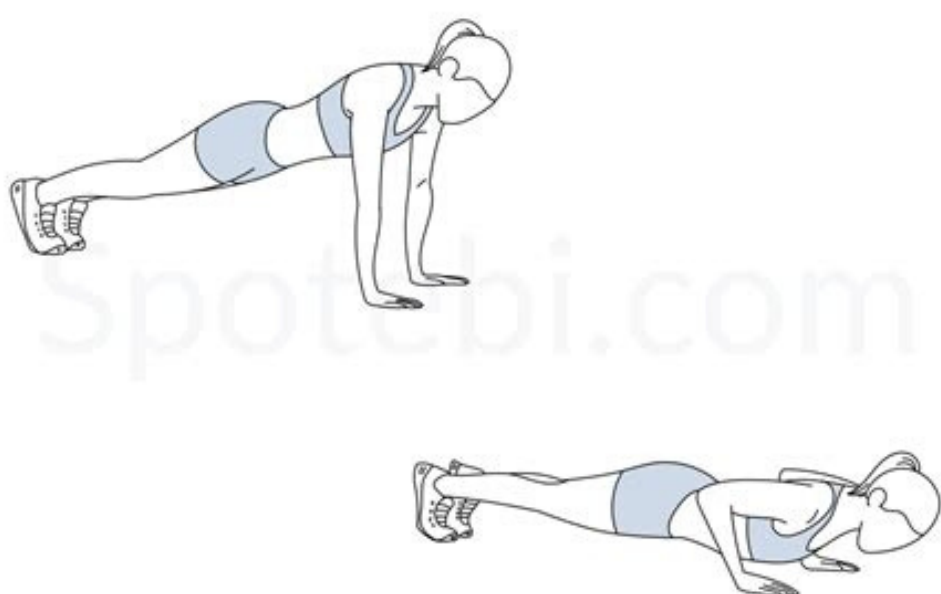
3. *Bent-knee situps*



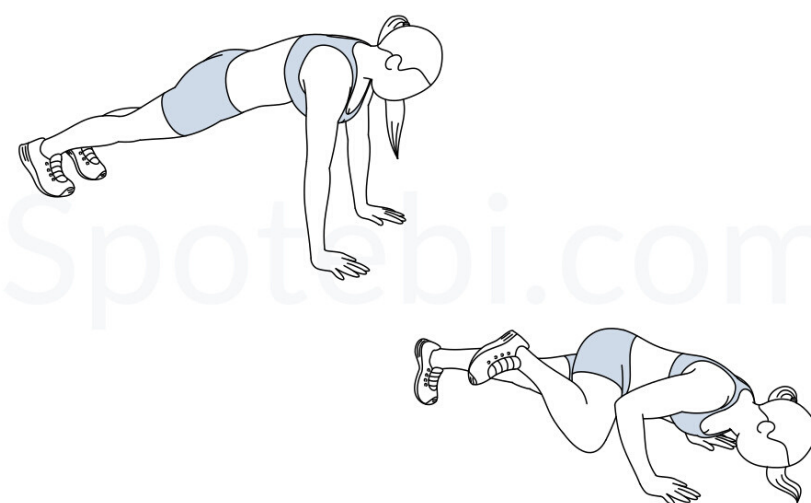
4. *Scissor kicks*



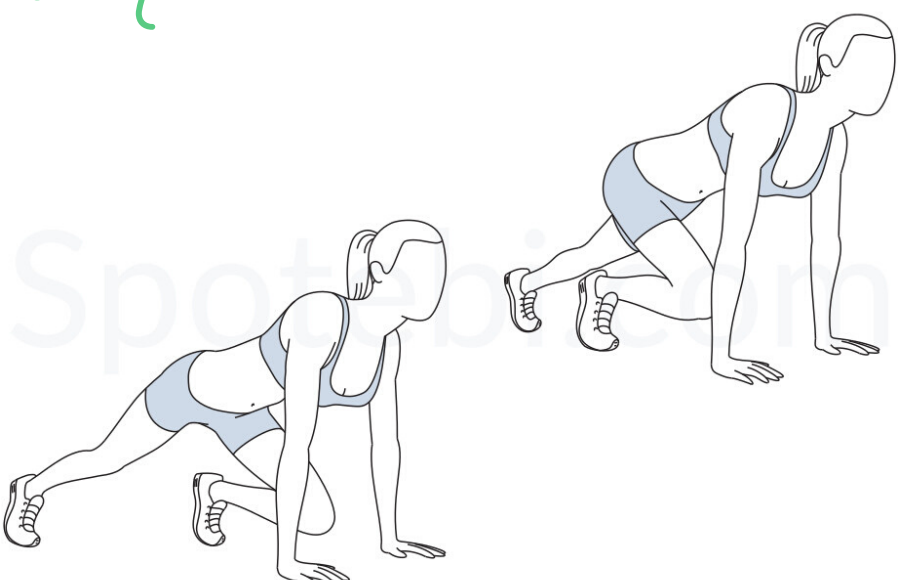
5. *Push ups*



6. *Spider push-ups*



7. *Mountain climbers*



8. *Burpees*



BB-BODY BALANCE

IF YOU WANT TO FOCUS ON MOVEMENT BALANCE THEN THIS WORK OUT WILL BE PERFECT FOR YOU. IT DOES NOT ONLY FOCUS ON ONE, IT WILL MAKE SURE YOU GET AT LEAST 1 IN ALL THE DIFFERENT MOVEMENTS.

CAMILLA

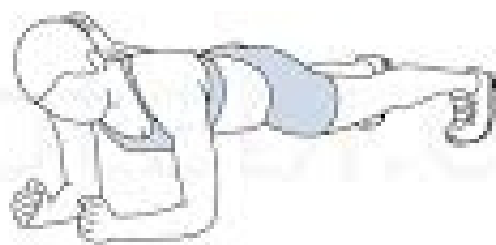
1. HIGH KNEES



2. SQUATS



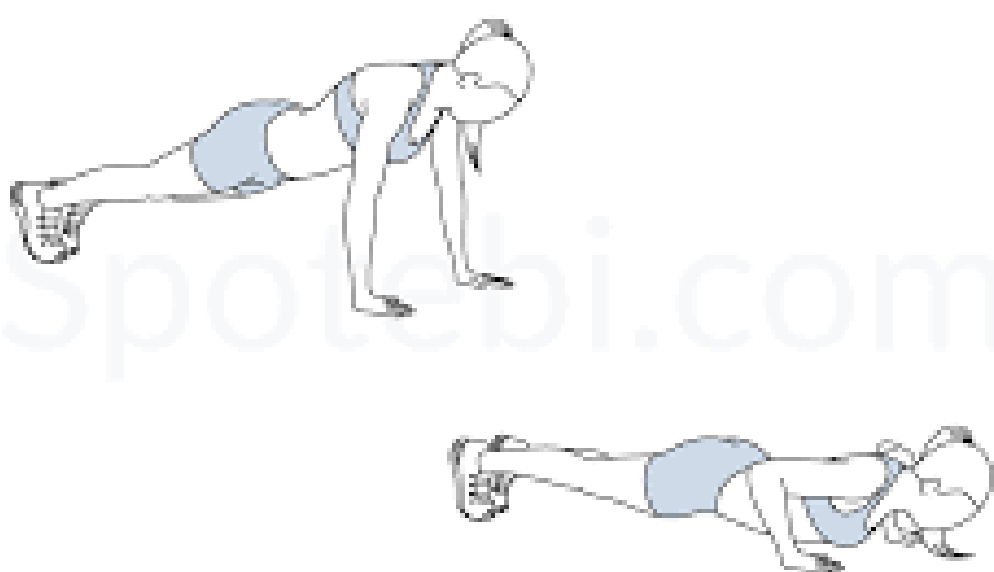
3. PLANK



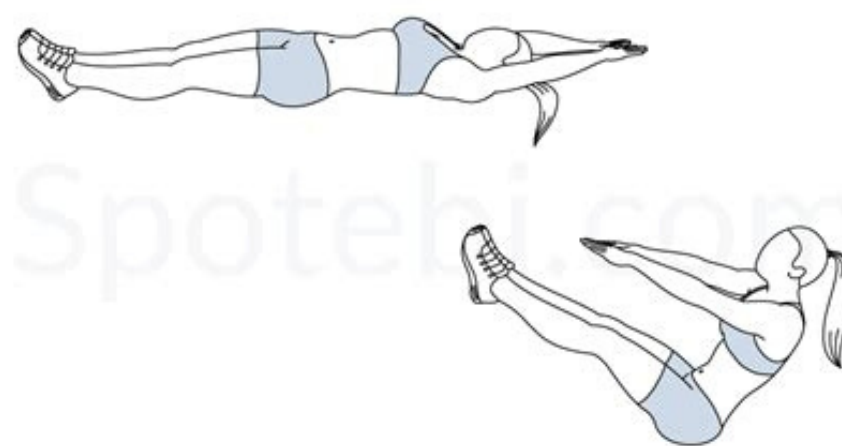
4. PLANK WALK



5. PUSH-UPS



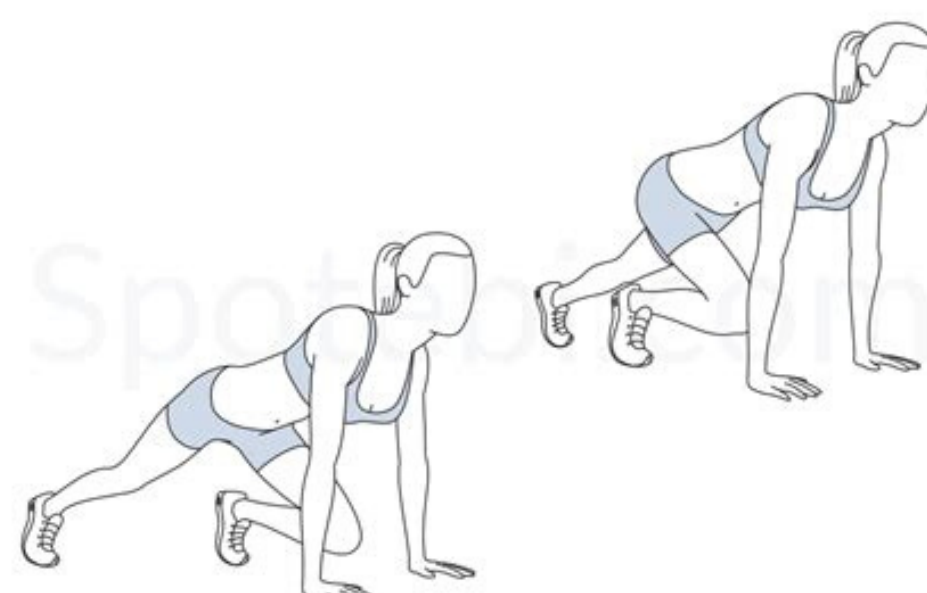
6. V-SITS



7. LUNGES



8. MOUNTAIN CLIMBERS

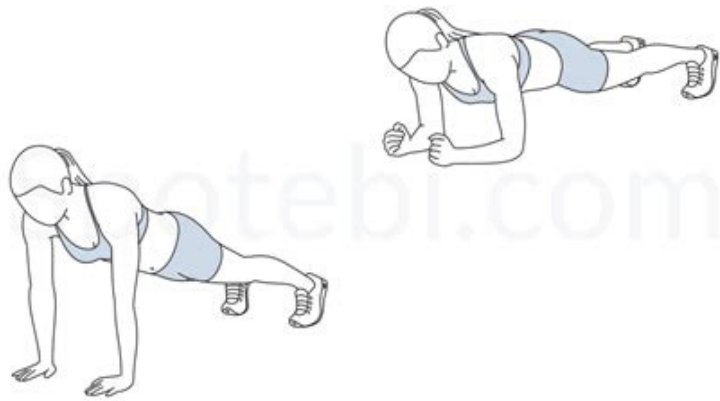


IRON FITNESS

STUCK IN HOME? GETTING BORED? DON'T WORRY, TEST THIS WORKOUT. SIMPLE, HEALTHY, AND PERFECT JUST FOR YOU. SO WHAT ARE YOU WAITING FOR? LET'S GET MOVING!

Cherry

1. Plank get-ups



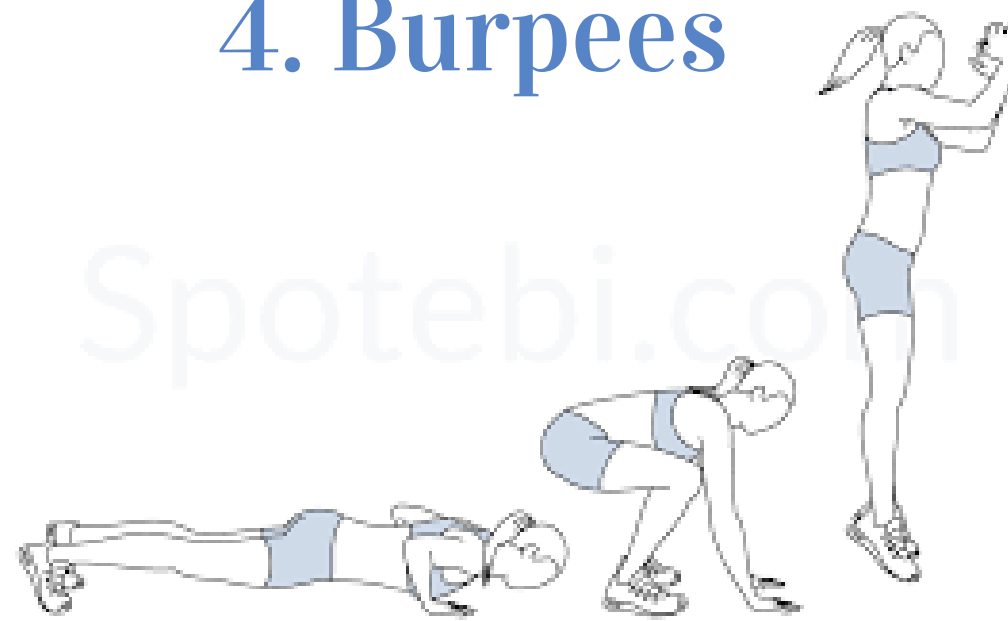
2. Gluteal bridge



3. Lunges



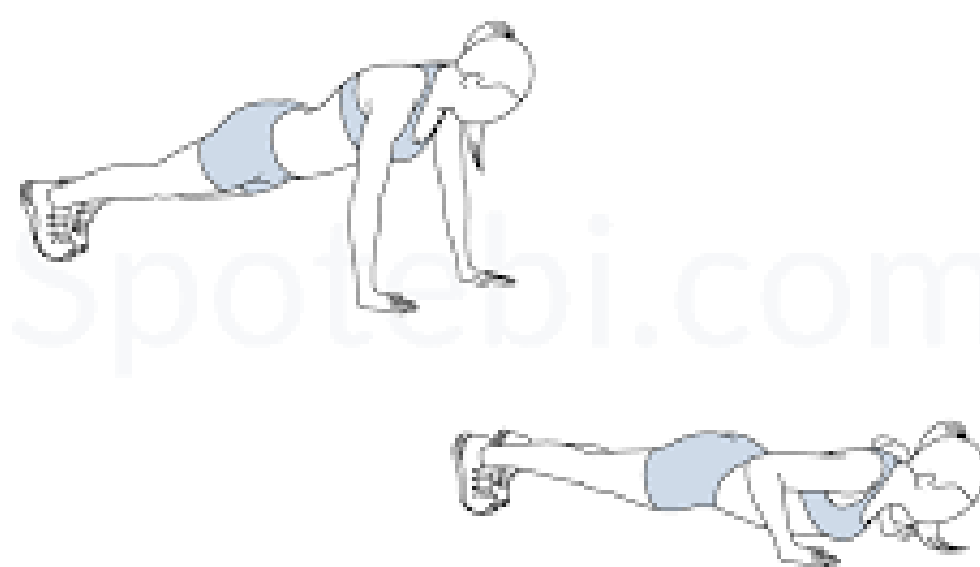
4. Burpees



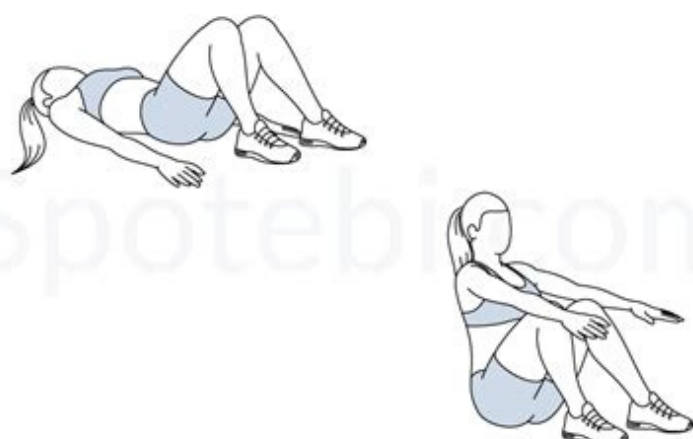
5. Jumping jacks



6. Push-ups



7. Sit-ups



8. High knees



THE MIX

THIS IS A MIX OF EXERCISES AND EXERCISES
DIFFERENT MUSCLES.

Nancy

1. Pike stretch



2. Jumping jacks



3. High knees



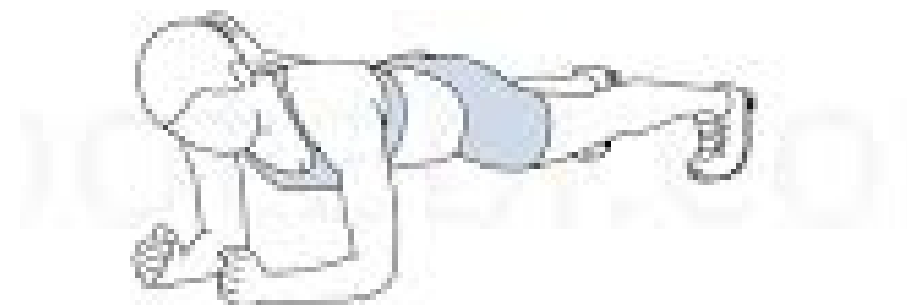
4. Butterfly stretch



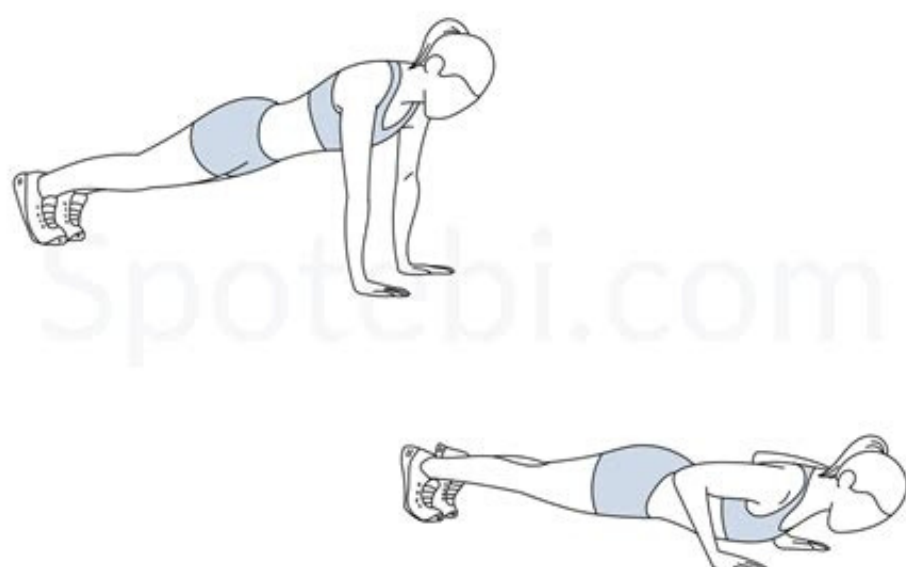
5. Wall-sit



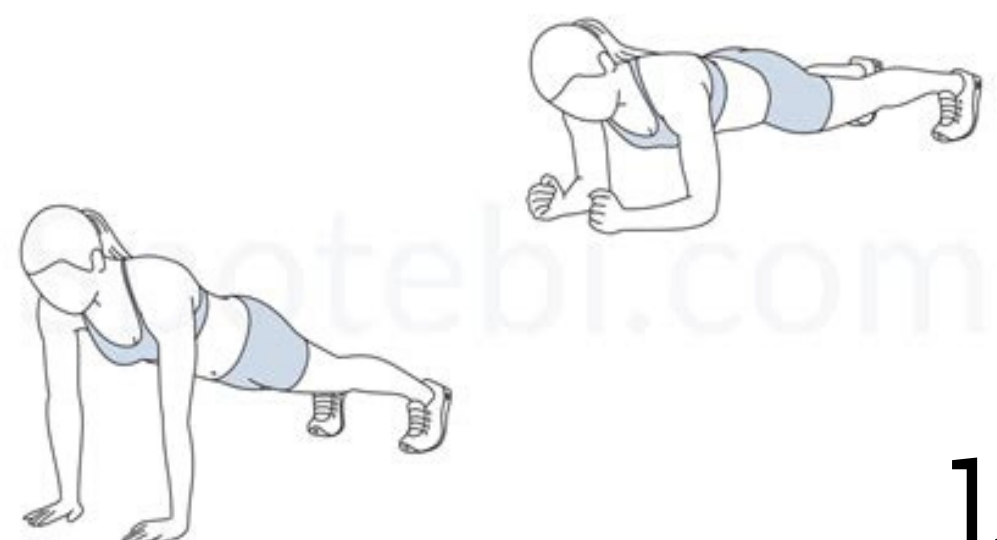
6. Plank



7. Push-ups



8. Plank get-ups



TWO FOCUS

This is a mix of exercises and exercises different muscles
This is focusing on two particular exercises, doing switching.

Nancy

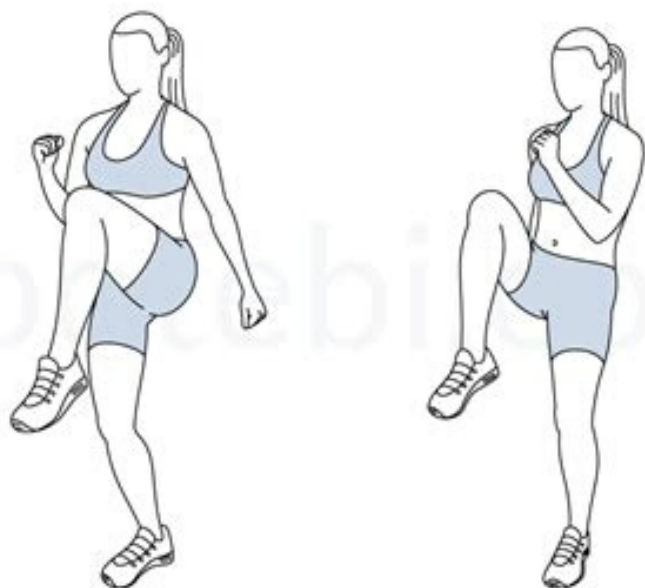
1. High knees



2. Jumping jacks



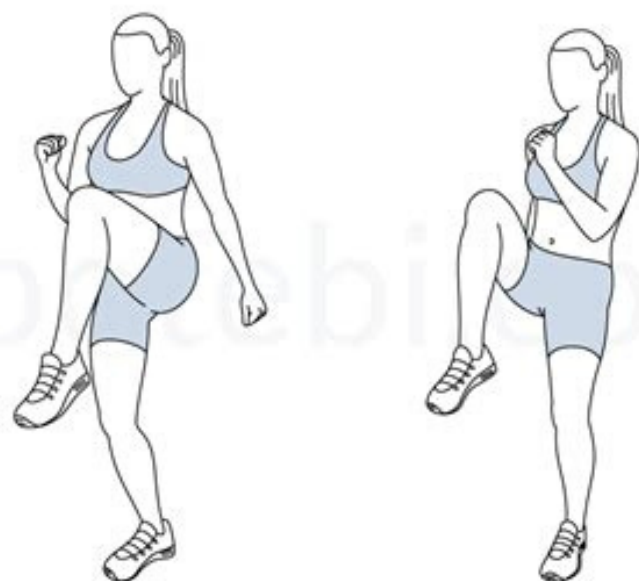
3. High knees



4. Jumping jacks



5. High knees



6. Jumping jacks



7. High knees



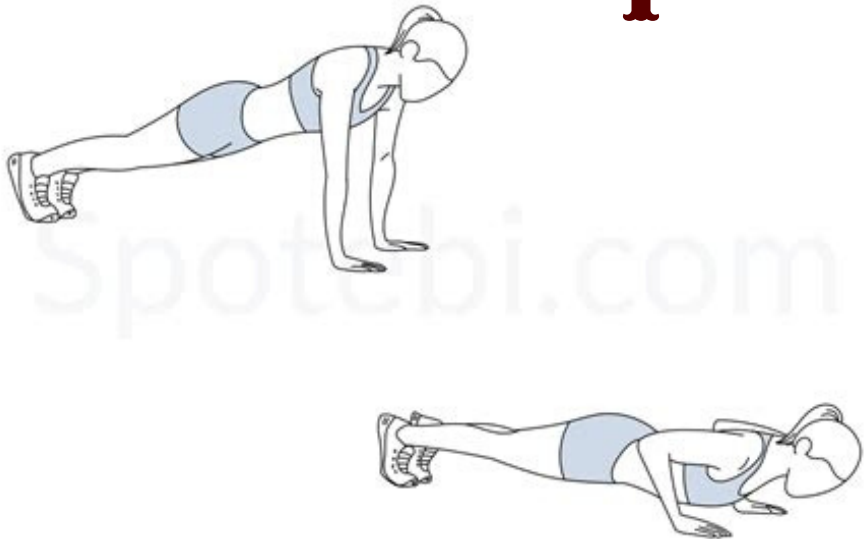
8. Jumping jacks



Top Tabata~1

This workout has a variety of cardio, and muscular, it is sure to get you pumped up and exercised! Iona

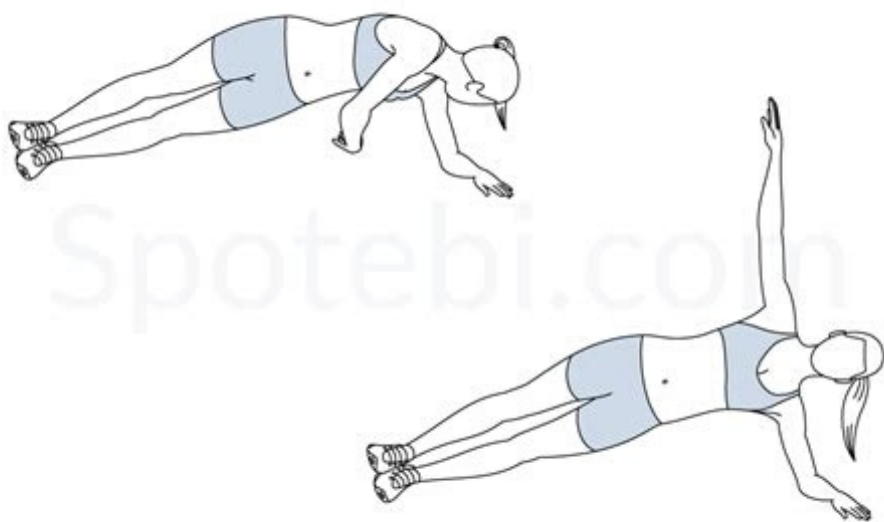
1. Push-ups



2. Plank get-ups



3. Plank rotations



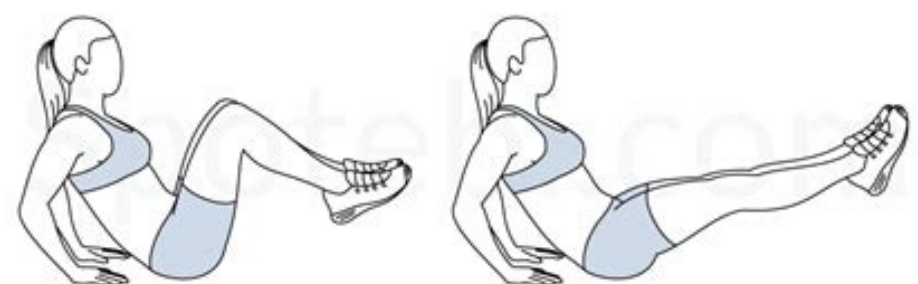
4. Jumping jacks



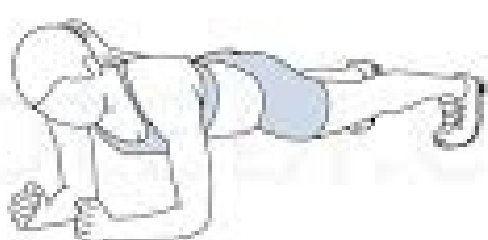
5. High knees



6. Tuck crunches



7. Plank



8. Sit-ups

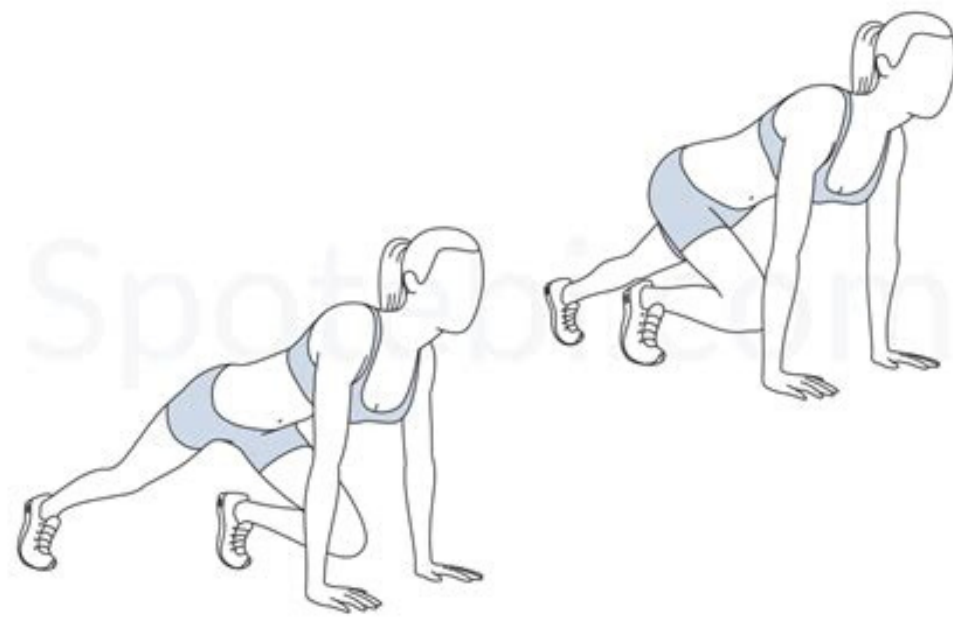
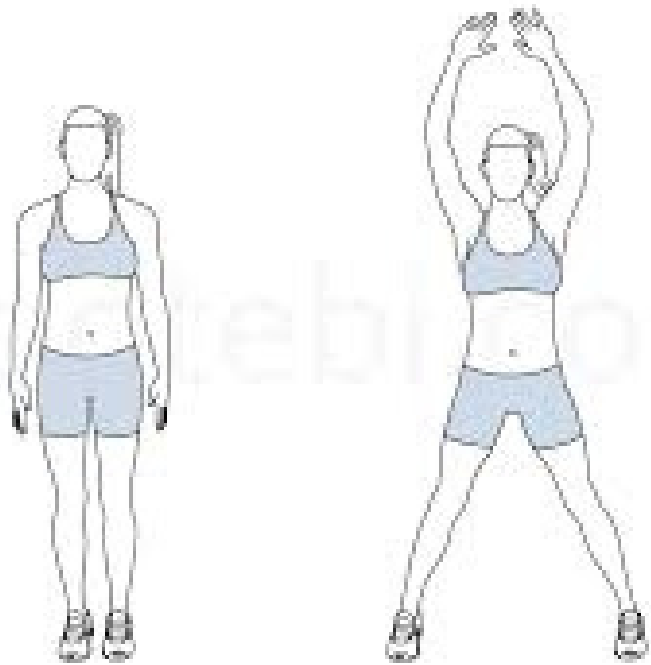


Top Tabata~2

This workout has a variety of cardio, and muscular, it is sure to get you pumped up and exercised!

Iona

1. Jumping Jacks 2. Mountain climbers



3. Lunges



4. Leg lifts



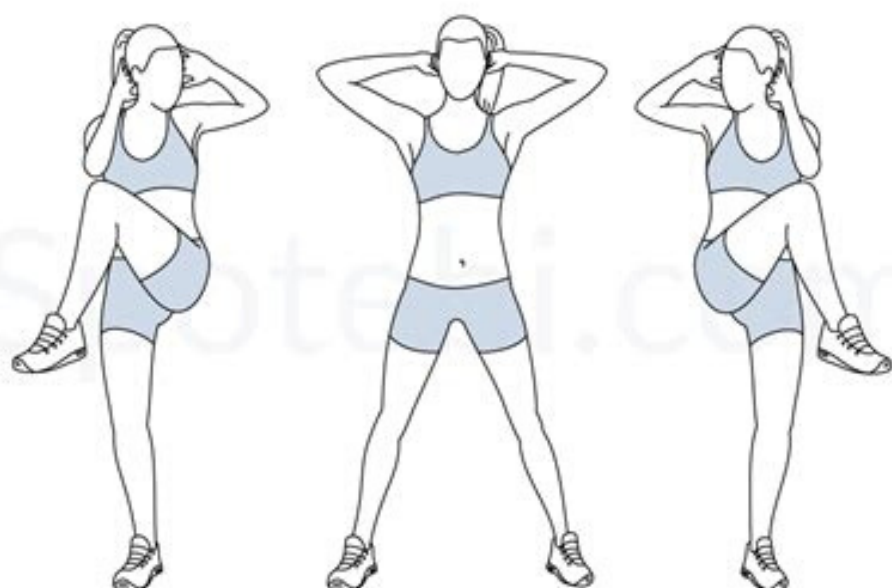
5. Squat jumps



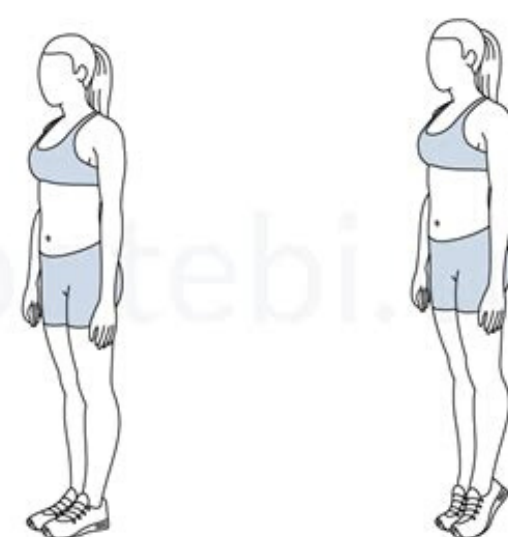
6. Burpees



7. Knee to elbow



8. Calf raise



ZY workout

This is an easy workout that doesn't need any equipment, you just need some space to do it.

Zoe & Yuanyuan

1. Jumping jacks



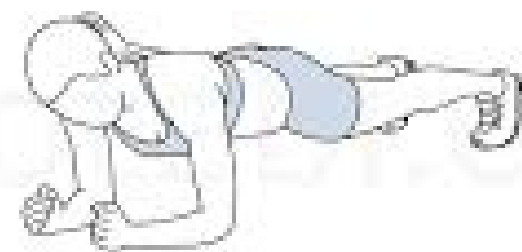
2. Burpees



3. Push-ups



4. Plank



5. Side plank



6. Jumping jacks



7. Pike stretch



8. Squats

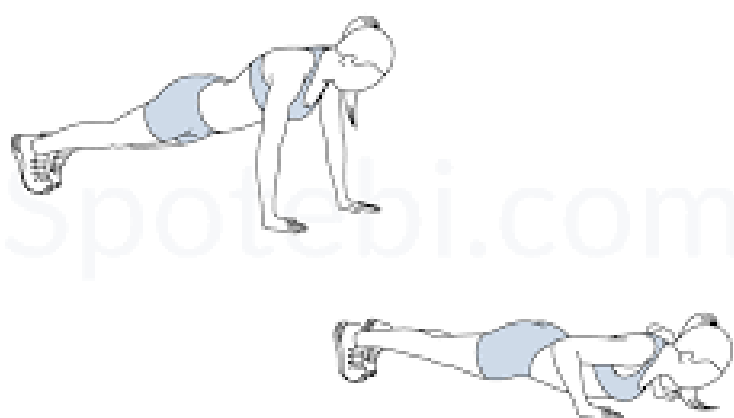


CHALLENGE

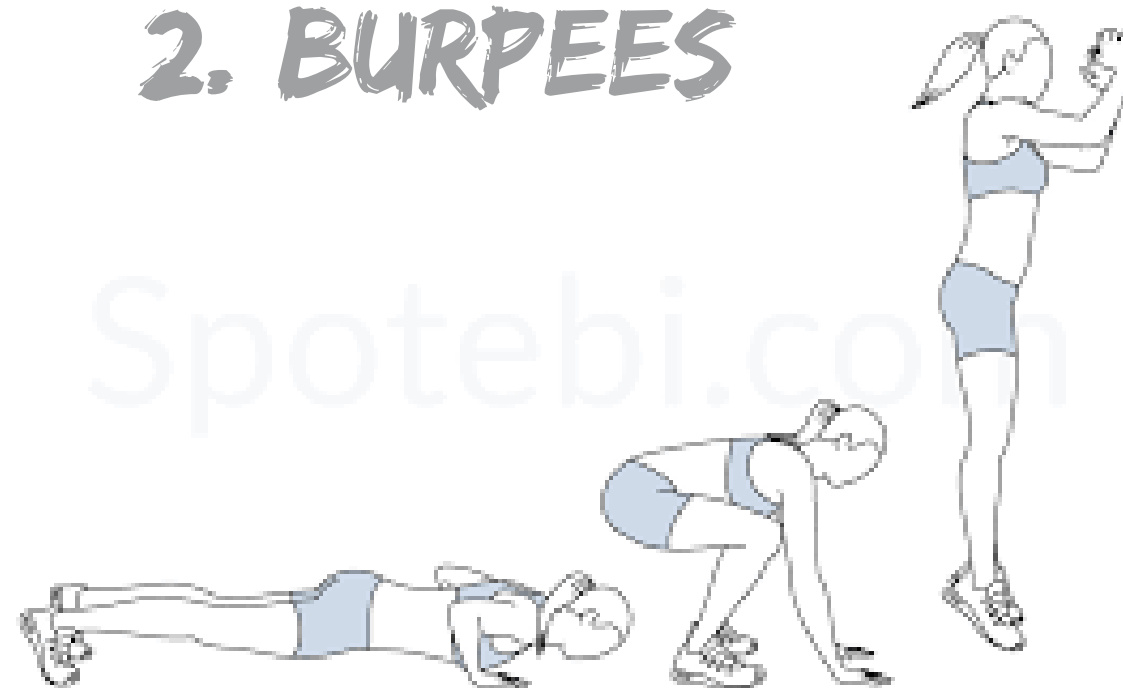
This workout is a bit challenging, if you want to challenge yourself. You can try this workout, this workout will exercise all parts of your body.

JAY

1. PUSH-UPS



2. BURPEES



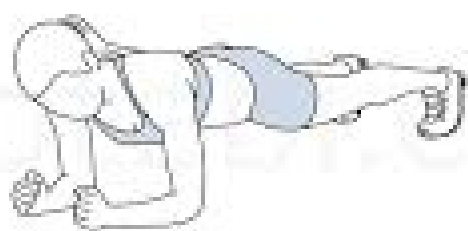
3. WALL-SIT



4. JUMPING JACKS



5. PLANK



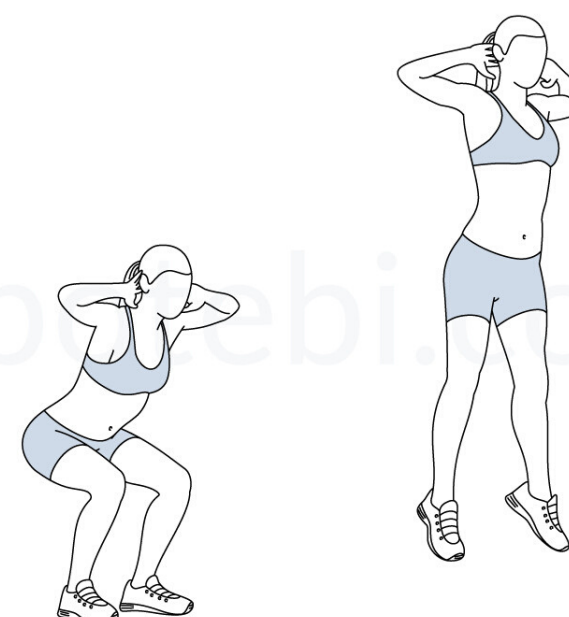
6. SQUATS



7. HIGH KNEES



8. SQUAT JUMPS

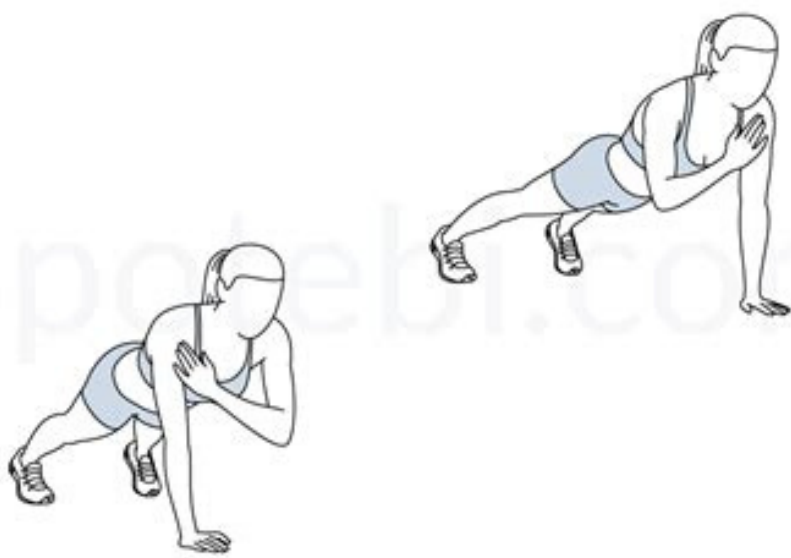


SOMETHING

I didn't know what to call my workout, but I do know exercise and this will get your heart and muscles pumping!

VIVIAN

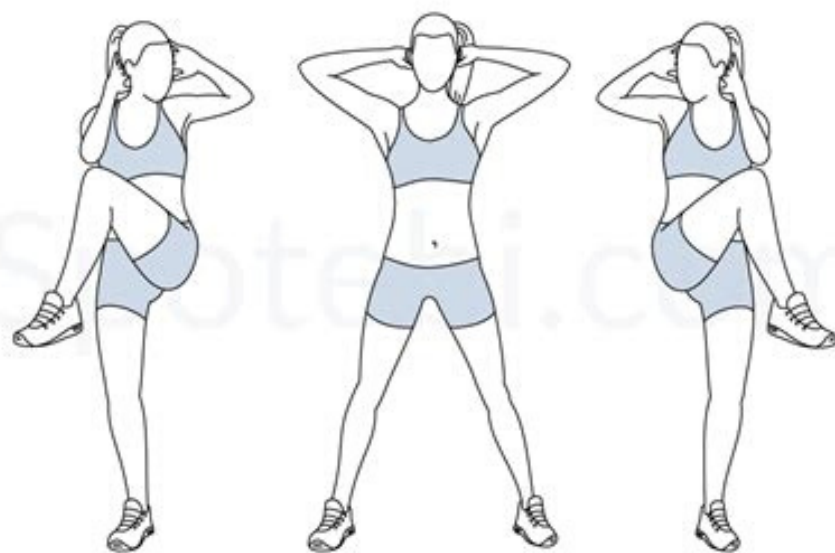
1. SHOULDER TAPS



2. MOUNTAIN CLIMBERS



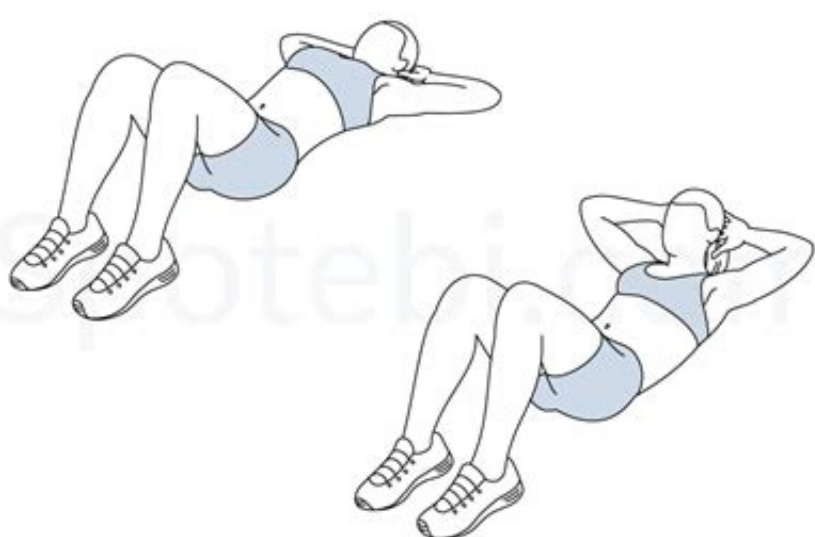
3. KNEE TO ELBOW



4. SITTING TWIST



5. CRUNCHES



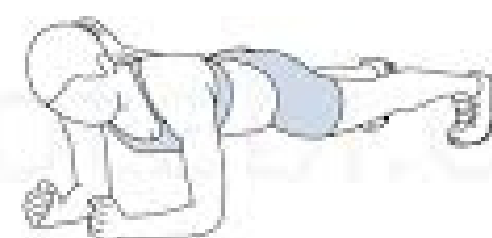
6. JUMPING JACKS



7. LUNGES



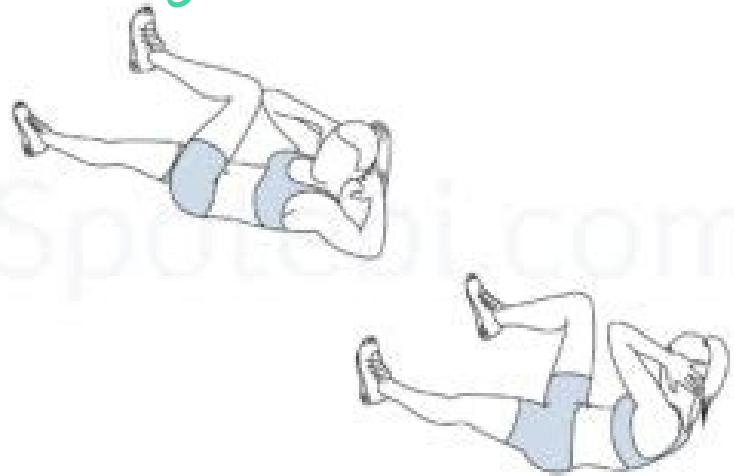
8. PLANK



BEFORE DINNER

This is a Tabata workout you can do anytime,
preferably before meals. *Annie*

1. Bicycle crunches



2. Bicycle crunches



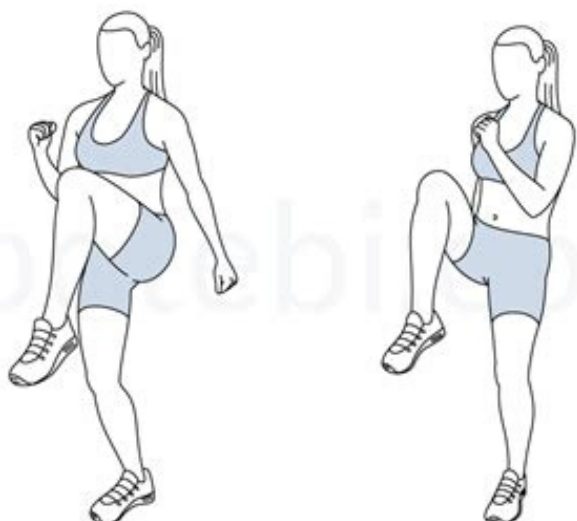
3. Squats



4. Squats



5. High knees



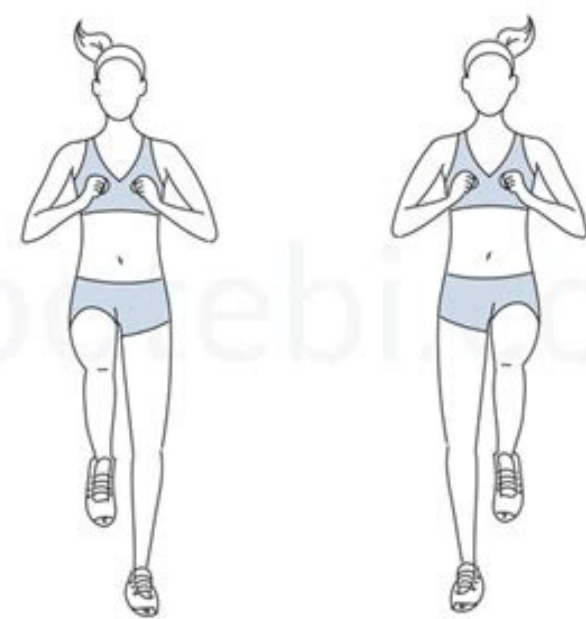
6. High knees



7. Running on the spot



8. Running on the spot



Gladiator

This is a simple, intense and exciting workout that fits beginners and people who likes a a challenge.

Julian

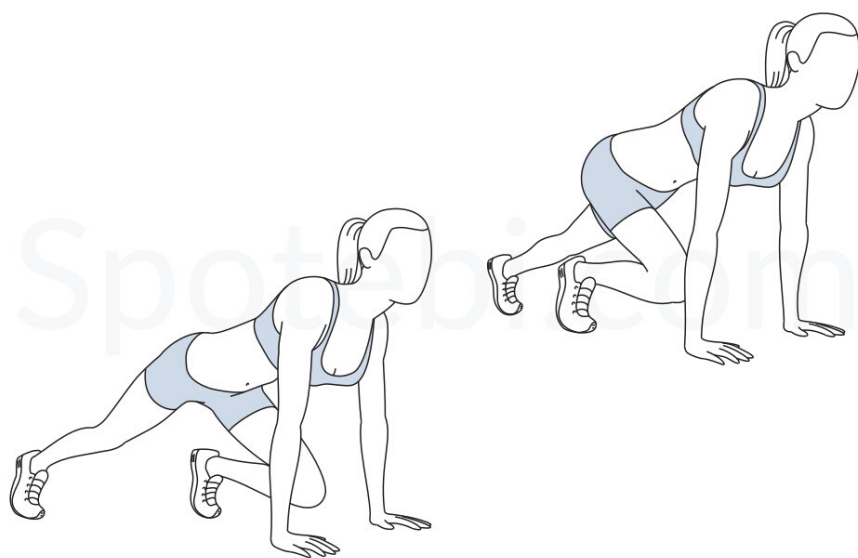
1. Jumping jacks



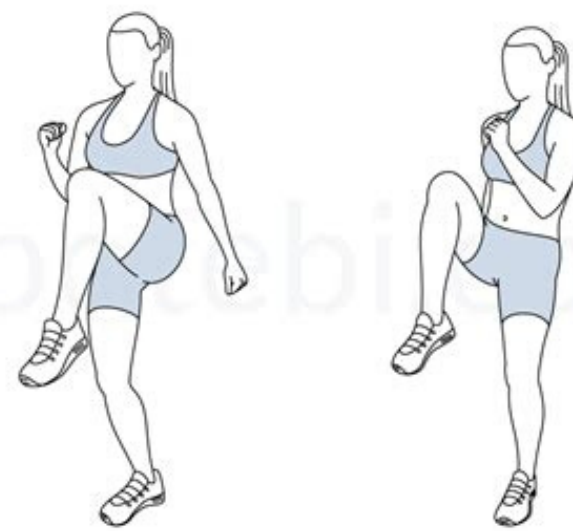
2. Push-ups



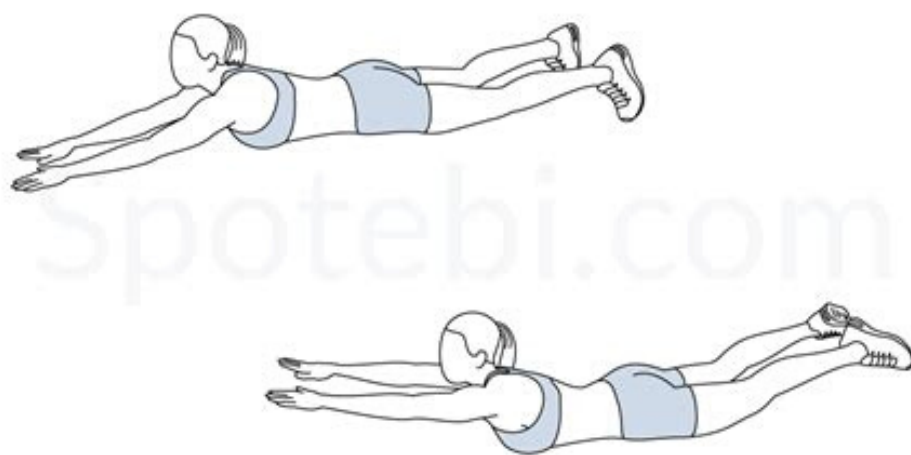
3. Mountain climbers



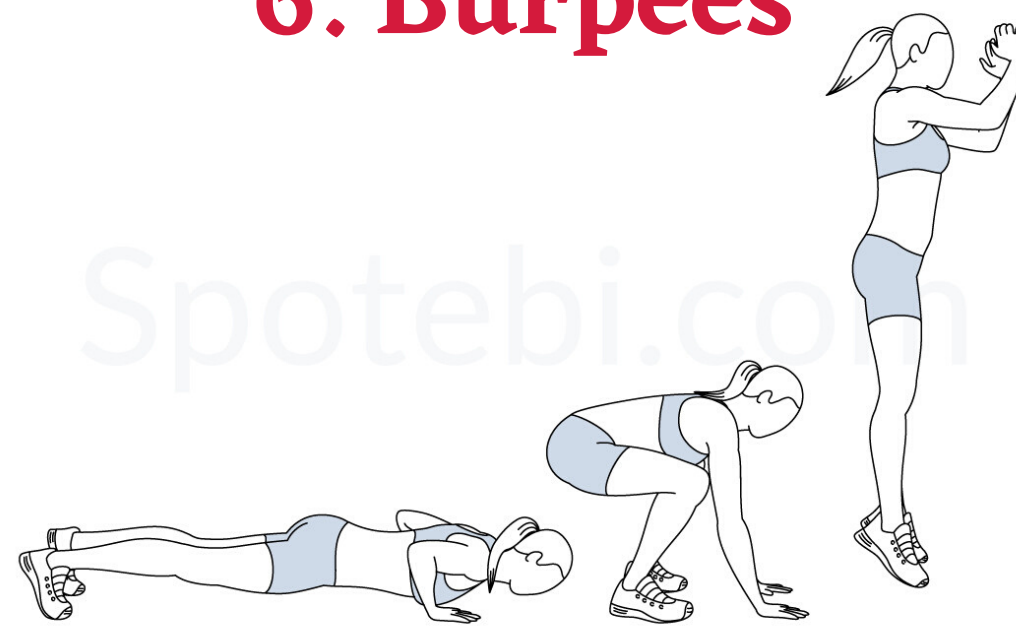
4. High knees



5. Superman



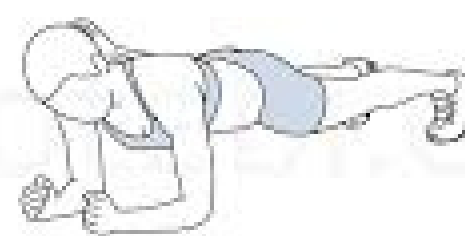
6. Burpees



7. Squats



8. Plank

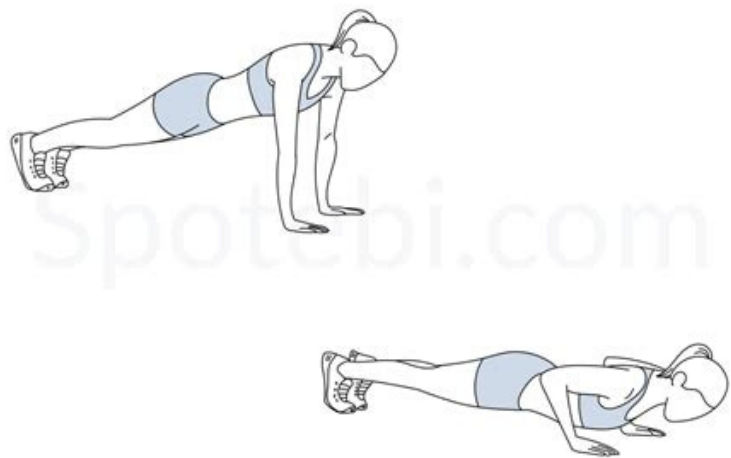


MONSTER WORKOUT CLUB

This is the workout I created, follow the Tabata music. You can repeat it several times if you think once is not enough

James

1. Push-ups



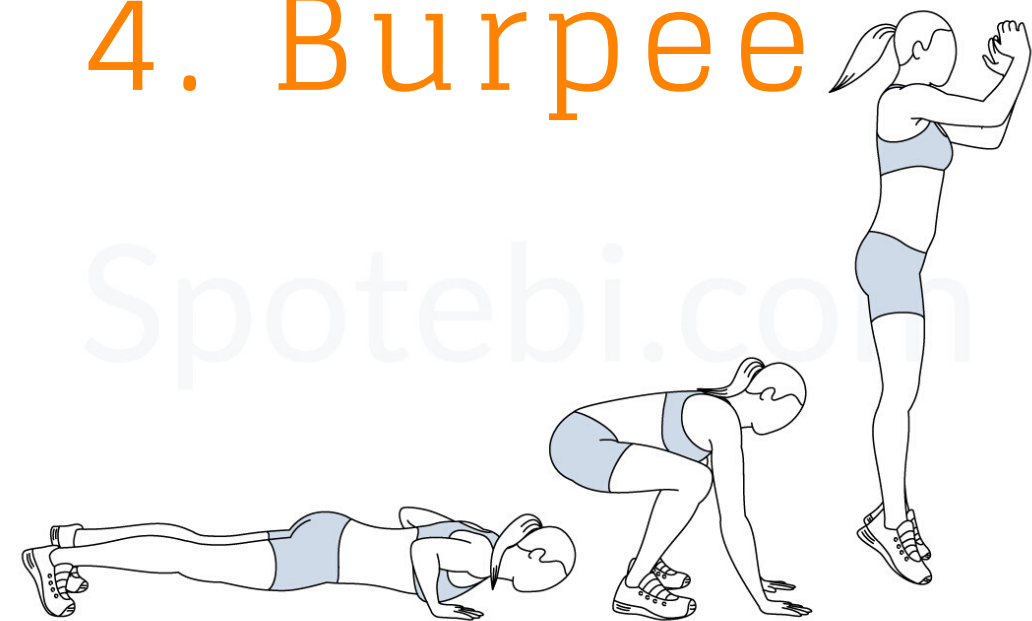
2. Squats



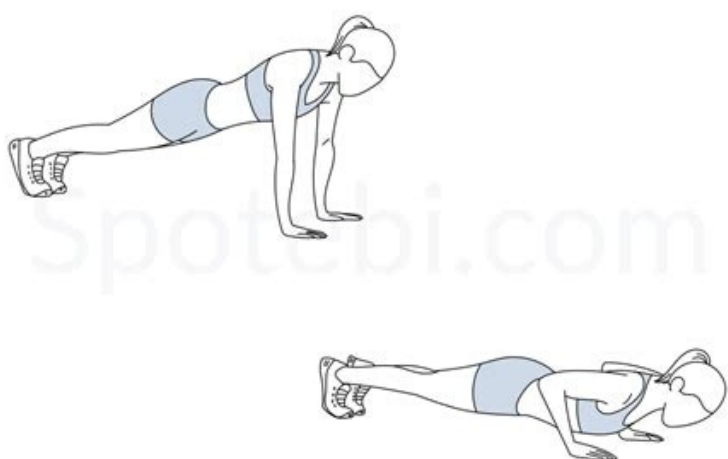
3. High knees



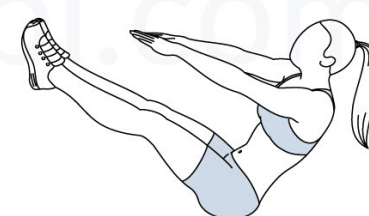
4. Burpee



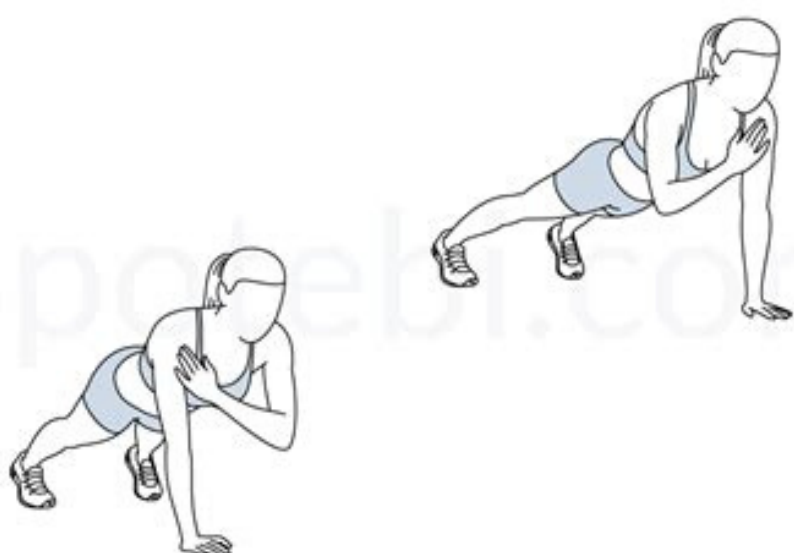
5. 5-count Push-ups



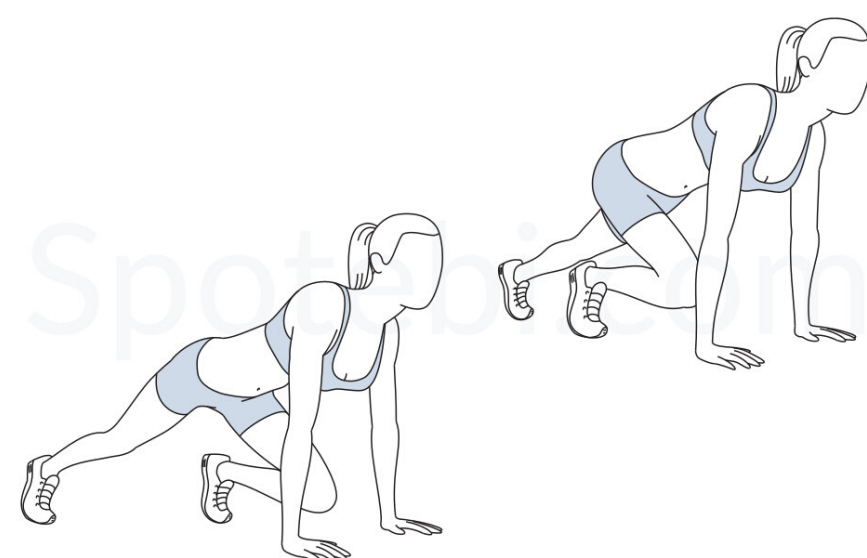
6. V-holds



7. Shoulder taps



8. Mountain climbers



“Well done is better than well said.”

– Benjamin Franklin