

## WHY USE TABATA WORKOUTS?

By Brooks A. Harris, O.D.

First of all, what is Tabata? Tabata is a version of an exercise program called **HIIT (High Intensity Interval Training)**. HIIT has been used for several years by professional and Olympic athletes. Instead of performing **Moderate Intensity Endurance Training (MIET)** for long periods of time (as running, jogging, walking for about 60 minutes at a time), HIIT is performing a few different exercises as hard as you can for very short periods of time (usually 20 to 60 seconds) and resting for very short periods in between (usually 10 to 30 seconds). **Cardio, Core** and **Strength** exercises can all be incorporated into the workout.

Short HIIT workouts increase anaerobic capacity by 28% & aerobic capacity (VO<sub>2</sub> MAX) by 14%, compared to Long MIET workouts which produce no change in anaerobic capacity & only a slight increase in aerobic capacity. Short HIIT workouts increase your overall core strength and muscular endurance better than Long MIET workouts. They also burn more calories due to the Excess Post-exercise Oxygen Consumption (EPOC), or “After Burn,” which is the continued burning off of calories for hours after you quit exercising. HIIT workouts can help you lose weight, burn stomach fat & drop inches off your waist. As we age our Human Growth Hormone (HGH) and Testosterone levels decline, but **High Intensity Interval Training** increases both of these.

Different HIIT programs use different work & rest cycles. The **Tabata** technique uses a 20 second work (exercise) & 10 second rest cycle. Typically one set is 8 repetitions of 20/10 cycles which take 4 minutes. You can do as many sets as you like, typically resting one minute between sets. Most workouts last for about 25 minutes or less including 5 minute warming-up and cooling down periods. Some people like to do the same exercise for 2 – 4 cycles then change to another. I like to do a different exercise each 20 second / 10 second cycle. Since our bodies tend to become accustomed to and adapt to routine activities, it is good to change your workout cycle every 3 weeks and use different exercises every day. Adding dumbbell strength exercises to your routine is a good way to build muscle and tone.

Much of the above information came from a video on Shin Ohtake’s website [www.MaxWorkouts.com](http://www.MaxWorkouts.com). The next 2 paragraphs below are from an audio conference call called “The Vital Role Nutrition Plays in Hormonal Balance for Men and Women” by Dr. Joanne Keller.

Dr. Keller mentioned several factors which influence Optimal Hormone Balance. One of them is **Physical Fitness**. Daily exercise keeps the circulation, lymphatics, and endocrine system functioning efficiently. Exercise is vital to keeping hormones balanced and Blood Sugar levels even. But she cautioned that **Excessive Exercise** causes too much stress which can wreak havoc on the adrenal glands, triggering the release of the stress hormone Cortisol, which is a fat magnet causing weight gain. Excess Cortisol leads to adrenal fatigue which disrupts thyroid hormones leading to hypothyroidism. So this is another reason why we should perform short period workouts instead of long period ones.

She also mentioned that we also need 1) Optimal Nutrition full of Antioxidants every single day, 2) Beneficial Bacteria in the Gut, 3) Excellent Hydration, 4) a reduction in GMO foods, 5) a reduction in sugar and toxins in our bodies, and a few other factors. To help us meet these daily needs she recommends people of all ages taking a Whole Food Nutritional Supplement called **Juice Plus**. Juice Plus is full of Antioxidants, has digestive enzymes and Probiotics which promote Beneficial Bacteria in the Gut, is all natural with no GMO’s and detoxifies the body. She says that Juice Plus is a Juicing Program in a capsule without all the sugar, mess, and work of juicing.

To see a list of some Cardio, Core and Strength exercises and an example of how to keep a record of your workouts and results, see the handout “Tabata Workout Record.” Also see the “Tabata Workout – Cardio & Core” handout for an example routine. These handouts may be found on my website: [www.BiblicalReliability.com](http://www.BiblicalReliability.com). Click on the “Wellness” tab and scroll down to the “Miscellaneous” heading. While there see several articles about Nutrition, Health and Juice Plus.