RankTime

FREE PRINTABLE · 4 PAGES

20/10 · 8 ROUNDS · 4 MINUTES

Tabata Workouts

The 4 minute protocol on one page, the best exercises, three workouts from 4 to 16 minutes, and a round by round score sheet.

2 Tabata on one page

3 Your Tabata score sheet

4 Train it with RankTime



Download on the App Store

From the free guide at ranktime.app/guides/tabata-workout/
Made by RankTime, the workout timer that counts your reps.

THE PROTOCOL

Tabata, 4 minutes

PART	TABATA
Work	20 seconds, all out
Rest	10 seconds
Rounds	8
Total time	4 minutes

Named after Dr. Izumi Tabata, whose 1996 study had athletes on exercise bikes go close to all out for every round. Rest is half the work, so you never fully recover, and that is the point.

Best exercises

- Air squats or jump squats
- Push-ups
- Burpees
- Mountain climbers
- Kettlebell swings
- Bike, rower or sprints

Avoid anything technical or heavy: form breaks down fast when you are tired.

Three Tabata workouts

BEGINNER · 4 MIN

Squats

8 rounds of air squats. Keep the reps steady from round one to eight.

INTERMEDIATE · 8 MIN

Two Tabatas

Squats, then push-ups, with one minute of rest between them.

ADVANCED · 16 MIN

Four Tabatas

Squats, push-ups, burpees, mountain climbers, a minute of rest between each.

Common mistakes

- **Pacing yourself.** If you could keep going after eight rounds, you went too easy.
- **Watching the clock.** Use a timer that beeps or shows colour.
- **Skipping the warm up.** Five minutes of easy movement first.
- **Doing it every day.** Two or three sessions a week is plenty.

COUNT EVERY ROUND

Tabata score sheet

Write the reps of each round. Try to keep the number steady from round one to round eight, and beat your lowest round next time.

DATE	EXERCISE	1	2	3	4	5	6	7	8	LOWEST

RankTime

TRAIN IT WITH RANKTIME

Run your Tabata with RankTime

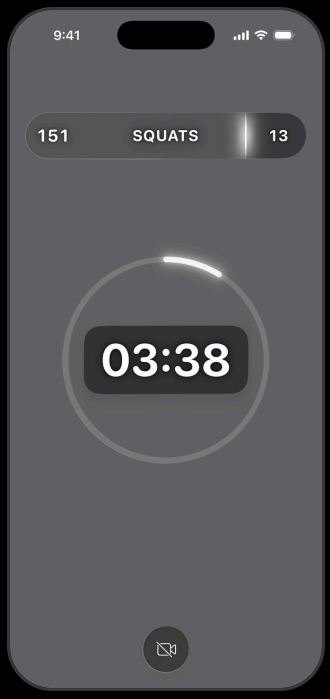
TABATA is the first page in TIME mode: 20 seconds on, 10 off, 8 rounds. Full screen colour and sound tell you when to go.



TABATA: 8 rounds, 4:00.



Lime means work.



Grey means rest.

1. Open the app in TIME mode: the TABATA page is ready.
2. Pick your exercise on the exercises circle.
3. Press play. Work when it turns lime, rest when it turns grey.
4. Want 30/15 or 10 rounds? Change the circles and save your own.

- ✓ The camera counts your reps on the phone itself. Nothing is uploaded.
- ✓ Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- ✓ A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

Scan to get RankTime
on your iPhone