

# TABATA FITNESS STATIONS

## Notes to instructors:

Help older students work to improve their health-related fitness and teach them an effective way to stay healthy and fit at home. The exercise routines in this packet are created using Tabata training methodology.

Tabata training was created by a Japanese scientist named Dr. Izumi Tabata. True Tabata workouts combine 20 seconds of vigorous activity with 10 seconds of rest in between each set. People often adjust the timing and intensity of interval workouts, but it's important to understand the history behind the method. Dr. Tabata's research showed that even 4-minute workouts using his timing formula can have positive results on a person's overall fitness.

These cards are designed for students to complete individually. In group settings, we suggest you time the intervals for students and give verbal or audio cues as start and stop signals. Music is a perfect audio cue.

The first 3 cards include exercises categorized by type. The next 3 cards mix these exercises into routines. The last card is blank — use it to create your own routine or have students create routines.

As with any activity resource, it's up to you to assess the needs and abilities of the students under your supervision. Modify routines as needed to meet the requirements of your space, group size, and age ranges.

The pages of this packet are designed to be used as station cards. The instructions can be read and explained by older and more mature students. However, we strongly recommend teaching each exercise to the group before allowing students to work independently.

Every page includes a reminder to practice safe social distancing. All of the exercises in this packet were designed to allow students to remain a minimum of 6 feet apart and *DO NOT* require them to use or share equipment.

Exercises found in Darebee's Video Library: <https://darebee.com/video.html>

**OPEN**<sup>®</sup>

**US Games**

**MOVEMENT**  
MADE FOR NOW 

*Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.*

# TABATA JACKS

Set #	Exercise Name	Interval Start
1	<b>Exercise: Jumping Jacks</b> ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	<b>Exercise: Half-Jacks</b> ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	<b>Exercise: Side Jacks</b> ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	<b>Exercise: Step Jacks</b> ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	<b>Exercise: Jumping Jacks</b> ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	<b>Exercise: Split Jacks</b> ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	<b>Exercise: March Jacks</b> ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	<b>Exercise: Jumping Jacks</b> ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

# TABATA PLANKS

Set #	Exercise Name	Interval Start
1	<b>Exercise: Plank Shoulder Taps</b> ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	<b>Exercise: Plank Arm Raises</b> ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	<b>Exercise: Plank Leg Raises</b> ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	<b>Exercise: Up &amp; Down Planks</b> ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	<b>Exercise: Plank Jacks</b> ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	<b>Exercise: Plank Rolls</b> ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	<b>Exercise: Plank Climbers</b> ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	<b>Exercise: Plank Shoulder Taps</b> ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

# TABATA LEGS

Set #	Exercise Name	Interval Start
1	<b>Exercise: Squats</b> ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	<b>Exercise: Squat Step-Ups</b> ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	<b>Exercise: Toe-Tap Hops</b> ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	<b>Exercise: Jumps</b> ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	<b>Exercise: Lunges</b> ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	<b>Exercise: Reverse Lunges</b> ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	<b>Exercise: Bounces</b> ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	<b>Exercise: Squats</b> ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

# TABATA MIX ROUTINE 1

Set #	Exercise Name	Interval Start
1	Exercise: Squats ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	Exercise: Plank Shoulder Taps ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	Exercise: Jumps ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	Exercise: Jumping Jacks ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	Exercise: Squats ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	Exercise: Plank Shoulder Taps ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	Exercise: Jumps ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	Exercise: Jumping Jacks ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

# TABATA MIX ROUTINE 2

Set #	Exercise Name	Interval Start
1	<b>Exercise: Half-Jacks</b> ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	<b>Exercise: Plank Arm Raises</b> ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	<b>Exercise: Lunges</b> ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	<b>Exercise: Plank Leg Raises</b> ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	<b>Exercise: Half-Jacks</b> ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	<b>Exercise: Plank Arm Raises</b> ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	<b>Exercise: Lunges</b> ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	<b>Exercise: Plank Leg Raises</b> ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

# TABATA MIX ROUTINE 3

Set #	Exercise Name	Interval Start
1	<b>Exercise: Bounces</b> ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	<b>Exercise: Plank Climbers</b> ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	<b>Exercise: Split Jacks</b> ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	<b>Exercise: Reverse Lunges</b> ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	<b>Exercise: Bounces</b> ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	<b>Exercise: Plank Climbers</b> ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	<b>Exercise: Split Jacks</b> ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	<b>Exercise: Reverse Lunges</b> ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

# CREATE A ROUTINE

Set #	Exercise Name	Interval Start
1	<b>Exercise:</b>	<b>0:00</b>
	Rest 10 Seconds	
2	<b>Exercise:</b>	<b>0:30</b>
	Rest 10 Seconds	
3	<b>Exercise:</b>	<b>1:00</b>
	Rest 10 Seconds	
4	<b>Exercise:</b>	<b>1:30</b>
	Rest 10 Seconds	
5	<b>Exercise:</b>	<b>2:00</b>
	Rest 10 Seconds	
6	<b>Exercise:</b>	<b>2:30</b>
	Rest 10 Seconds	
7	<b>Exercise:</b>	<b>3:00</b>
	Rest 10 Seconds	
8	<b>Exercise:</b>	<b>3:30</b>
	Rest 10 Seconds	



*Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.*