

NEW FOR 2013 CAMP

Just For Kix announces the use of high intensity exercise, TABATA, as 2013 Camp workout!

You gave us feedback, and we heard you...Our strength, plyometrics, and conditioning programs have been merged together into ONE easy to use workout. No need for separate plyometric workouts, strengthening sets, and cardio. We have put them all together for you in ONE hot new workout format exclusive to Just For Kix, called **DANCE TABATA**.

We are excited to be the first to adapt this popular workout specifically for dancer's needs. **DANCE TABATA** will be taught at all team camps as a "special session" along with handouts with photos to ensure that you will be able to use what you learn. Private camps are customized to your team and can include direct instruction on the **DANCE TABATA** workout.

DANCE TABATA is based on high intensity exercises lasting about 20 seconds followed by 10 seconds of rest. This is repeated with several different exercises hitting all of the desired body parts and objectives. We designed this program to target known weaknesses in dancers, build core strength, increase jump height and leap amplitude, and to maximize cardiovascular fitness. Ideally, your dancers would work up to going through the workout three times per session. **If you don't have the 25 minutes to dedicate, go through the workout only once. In 7-8 minutes you can still reap 80% of the benefits of the workout.**

Great research is out there showing that the results of the TABATA format are dramatic.

TABATA-STYLE INTERVAL TRAINING

From an article on Shape.com by Jessica Smith

This year, we'll see a whole lot of Tabata, says Michele Olson, PhD, FACSM, CSCS, professor of exercise science at Auburn University Montgomery. "Interval training has become increasingly popular due to the enhanced results you get versus doing traditional, steady-state cardio at a moderate intensity, and Tabata is a revved up version of interval training—the intense effort bouts are twice as long as the recovery bouts. **You work at a near-maximal to maximal effort for 20 seconds and "rest" for just 10 seconds** (versus hitting it hard for 30 seconds and lowering your intensity for double the time—60 seconds)."

And because it offers valid, proven fitness benefits, Olson says Tabata-style interval training will start popping up in boot camp classes, kettlebell formats, and spinning workouts this year. "It is also being used in muscle sculpting classes as a 'finisher' for the lower body, where you do a Tabata of jump squats and a 'finisher' for the upper body, where you do a Tabata of push ups."

20/10

TABATA TRAINING 101

From sparkpeople.com By Jennipher Walters,
Certified Personal Trainer and Fitness Instructor

Would you like to swap your usual workout out for one that's just four minutes long?

Of course you would! Well, that's the allure of Tabata training, a type of super high-intensity interval training that is becoming more and more popular.

Said to deliver big results such as improved aerobic endurance, anaerobic endurance, muscular endurance and fat burning, Tabata training is all the rage these days. But what is Tabata training, exactly? Maybe more importantly, does it live up to the hype and is it really right—and safe—for you? Let's tackle some Tabata training questions one by one!

What Is Tabata Training? What Are the Benefits of Tabata Training?

While it may seem like Tabata training is the latest workout trend that's sweeping gyms everywhere, it's not exactly a brand new concept. In fact, it originated from the exercise research of Dr. Izumi Tabata. Dr. Tabata used a very specific method of interval training for his 1996 study published in the journal *Medicine & Science in Sports & Exercise*. In the study, he had cyclists perform 20 seconds of all-out effort followed by 10 seconds of rest. The participants repeated seven to eight sets of the exertion-rest intervals, equaling just about 4 minutes of actual workout time. The results were so striking that this type of training was named after its creator, hence "Tabata" training.

Subjects who performed Tabata training five days a week for six weeks (a total of 120 minutes of exercise over the month and a half) improved both their aerobic and anaerobic endurance. In fact, subject's anaerobic fitness increased by a whopping 28%. The control group exercised the same number of days, but for a full hour per session at a moderate intensity (for a total of 1,800 minutes over the study period). They also saw fitness improvements—but only in aerobic fitness—and it took them much, much more time exercising to achieve those gains.

Does It Really Work?

A number of studies have suggested that Tabata training does, in fact, work. Further studies have also made a case for Tabata training and other variations of high intensity interval training. A 2007 study in the *Journal of Applied Physiology* found that seven sessions of high intensity interval training over two weeks resulted in marked increases in whole body and skeletal muscle capacity for fatty acid oxidation during exercise in moderately active women. A 2009 study from the same journal found that young men cycling to maximum effort for four bouts of 30

seconds with four minutes of rest doubled their metabolic rate for three full hours after training. Also, a 2008 study in the *Journal of Physiology* found that these short, yet intense types of interval workouts can be a time-efficient way to get in shape and may help participants achieve fitness improvements comparable to longer, less-intense workouts.

While a number of research studies have explored Dr. Tabata's 20-seconds-on, 10-seconds-off interval training format for cycling and running activities, fitness professionals, athletes and casual exercisers are now applying the Tabata training concept to all kinds of different exercises, including weight lifting, swimming, athletic drills and more. Unlike other intervals where you just want to "work harder," by definition, Tabata training is working at an intensity level that is as hard and as fast as you can physically go—generally an anaerobic effort.

Should You Try Tabata Training?

Tabata training promises big results in little time, but true Tabata training requires participants to push themselves to the max—and that level of intensity is definitely not for everyone. Working out at such a high intensity is only appropriate for healthy, intermediate to advanced exercisers who have experience and knowledge in the type of exercise(s) they're doing. Tabata training takes your body to the extreme, so it's best if you've been working out regularly and are very comfortable with the exercises you'll be doing (more on that later). This ensures that you have better awareness of how hard to push your body (or when to back off) and that you have the know-how to maintain form (or modify your weight or exercise) when your body tires as you go through the intervals.

With that said, beginners can try Tabata-inspired intervals at a lower intensity that's more appropriate for their fitness level. However, anything less than maximum effort won't get the true Tabata training results. As always, if you're trying Tabata—or any new exercise—for the first time, it's a good idea to get it approved by your doctor and work with a fitness professional until you feel comfortable doing it on your own.

How Can I Incorporate Tabata Training into My Workouts?

Adding Tabata training into your workouts is easy! Swap one to two of your usual cardio workouts a week for quick Tabata training. Remember, you're doing precisely 20 seconds of maximum effort followed by just 10 seconds of rest for a total of seven to eight intervals. This can be done

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with almost any form of cardio exercise, including running, swimming, cycling, plyometrics, jumping rope and more.

Before starting a Tabata training workout though, it's important to warm up properly. Spend a good 8-10 minutes slowly increasing your intensity level from easy to moderate. Since this type of working out is super intense, it's important that your body is properly warmed up.

Choose a similar type of warm-up as the exercise you're doing, too. So if you're going to be doing sprints, warm up with walking and then jogging. If you're going to be cycling hard hills, warm up with an easier resistance on the bike. The same goes for the cool down, too. At the end of your workout, take 5-10 minutes to slow your heart rate back down by working at a lower intensity doing the same movement you did in your workout. After that, spend a few minutes stretching to complete your workout.

Just like any time you're exercising, be sure to listen to your body, hydrate properly and stop if you feel sharp, acute pain, are dizzy, feel light headed or have other workout warning signs. Also, be sure to practice good form to avoid injury and consider working with a certified fitness professional the first few times you do a Tabata training workout to ensure that you're doing it properly.

Do I Need Any Special Equipment to Measure My Intensity?

While you don't have to have a heart rate monitor to do a Tabata-training workout, it certainly can come in handy. "Maximum effort" is by definition about 90%-95% of your maximum heart rate (calculate your max heart rate here), but working out this hard is generally reserved for only advanced exercisers and athletes. For Tabata training workouts, aim for 75% or more of your maximum heart rate to reap the most benefit. If you don't have a heart rate monitor, follow the rate of perceived exertion chart. For Tabata, you should be working out at an eight or nine level (very hard, extremely hard) and you should not be able to carry on a conversation.

Can I Just Do Tabata Training for All of My Workouts?

Tabata training may help you get some great results, but it certainly shouldn't take the place of all of your workouts. Because it's at such a high intensity, you should only do it a few times a week so that your body has enough time to fully recover (we pretty much guarantee you'll be sore from it!). And consider this: While there is a lot of research on Tabata and its ability to boost a person's fitness level,

there's much, much more research that confirms how moderate exercise can improve your fitness and your health—with far fewer risks than high-intensity exercise. So it's still a good idea to continue including traditional (think longer, less-intense) cardio workouts as well as strength-training sessions and flexibility training for a well-rounded fitness plan.

If you're trying to lose weight, Tabata may seem like a quick way to boost metabolism and burn fat. And while it can be, remember that true weight loss comes down to taking in fewer calories than you burn. Because Tabata workouts are so short, they simply just don't burn enough calories on their own to be the only workout you do for weight loss. So rather than viewing Tabata training as a shortcut or a replacement to your regular workouts, think of it as an "extra" boost for your usual workout plan.

Short, effective and intense? While Tabata isn't for everyone and needs to be coupled with a well-rounded fitness plan for weight-loss and optimal health benefits, for those who do it safely and with maximum effort, it can be one heck of a way to challenge yourself and take your fitness to the next heart-pumping level.

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