

# Tabata Training The 4 Minute Workout

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workouts, plus expert tips for adding this challenging yet efficient workout to your routine. Oct 6, 2020 · Tabata is a type of high-intensity interval training (HIIT) that promises an intense workout in just a few minutes. It is beginner-friendly and doable at home. Jan 8, 2026 · Tabata workouts are a fun & intense interval training method to get leaner and stronger in only 4-minutes. Mar 25, 2024 · Tabata training has very specific parameters, both in terms of how long you're working and how hard you're doing it. The quickest thing to remember about Tabata training is a 2:1 work:rest ... Feb 19, 2020 · Tabata is an advanced, intense interval workout. Get the details about what Tabata is, how the workout is formatted and how to get started. Nov 27, 2023 · Tabata is a form of high-intensity interval training that alternates rounds

of near-maximum effort and rest. Learn about the health benefits and get started.

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**in Four Minutes**

## **Tabata Training The 4 Minute Workout**

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