



THE FASTING PODCAST **WOW**: EPISODE 141 Tabata Workout for Reducing Fat & Saving Time

# EPISODE 141: Tabata Workout for Reducing Fat & Saving Time

The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP



### Tabata: 1<sup>st</sup> Workout Born in Lab, Not Gym

- Form of high intensity interval training (HIIT) with short bursts (e.g. 20 sec) of extreme high intensity exercise followed by brief rest (e.g. 10 sec) for 8 rounds (Based on 1996 study by Dr Izumi Tabata working with professional skaters)
- Two groups in study, moderate intensity (M) & Tabata high intensity (T)
- Both groups did 6 weeks, 5 times/week, if not able to do 8 rounds, do 7 high. Warmup was 10min at 50% of their max.
- M group did 70% their max like sustainable treadmill, 1 hour/workout, 5hr/wk
- T group did max intensity, 4 min/workout, 20min/week (aiming 170% max heart rate instead of 80-95% in regular HIIT, only 20sec work with 10sec rest compared to regular HIIT 60-120sec work with 30-120sec rest/recovery)
- Results: 4min T = 60min M in aerobic performance improvement, but ONLY the T group improved **anaerobic capacity (see left)** – a whopping 28% & improved VO2 max (how much oxygen they could consume during exercise)



**ANAEROBIC** =  
body's  
working too  
hard to use  
oxygen for fuel  
so burning  
calories



## Tabata Benefits

- Fat loss including body burns extra calories 12 hours after the exercise
- Efficient use of your time – 4 min of Tabata > 1 hour regular exercise, primary reason for dropping out of exercise programs = time (e.g. full time jobs)
- Improvement in aerobic performance (4 min = same as 1 hour reg exercise)
- Improvement in anaerobic capacity – 28% yet none in group of 1 hour reg ex
- Preservation of muscle by increasing testosterone levels
- Significant (13%) improvement in EPOC (excess post-exercise oxygen consumption) - linked to “afterburn effect” burning more fat longer
- Improves insulin sensitivity (2010 pubmed study on “High Intensity Intermittent Exercise and Fat Loss) and reduces risk of metabolic syndrome – anti-aging

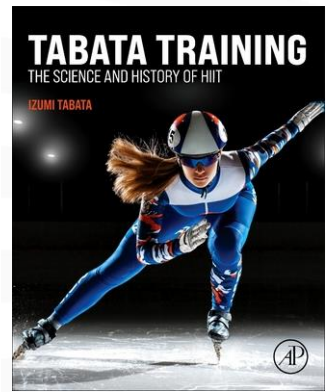




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### More About Tabata

- One company offers a program combining 5 Tabata trainings in a single day (20 minutes/day instead of 20/week – makes it look “official” but cost \$120)
- Many people put their own twists on the program, but the simple 4-min version from the study got the magnificent results
- Simple Tabata requires no equipment and can be done at home (e.g. burpees, squat jumps, planks, push-ups... – some suggest equip & do in gym)
- Dr Izumi Tabata wrote a book in 2022 called Tabata Training; it cost \$139-\$177
- There are many videos of Tabata workouts, some focusing on aerobic and some on strength training, some for beginners, some for full body
- Intended for experienced athletes rather than beginners, Be careful with this extreme high intensity, check with doctor if needed, newbies maybe start with regular HIIT, do a warmup, use a free app for “interval timer”





## Possible Next Steps



For feedback to Julie: [Julie@JPWOWPrograms.com](mailto:Julie@JPWOWPrograms.com)

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# Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

