

## Tabata Workout

- Design your own Tabata workout below and complete it.
- Go to Youtube and search Tabata workout music and complete your own workout.
- Tell me which music you used and write how you felt after your workout.

Round One: \_\_\_\_\_ (exercise)

Break

Round Two: \_\_\_\_\_ (exercise)

Break

Round Three: \_\_\_\_\_ (exercise)

Break

Round Four: \_\_\_\_\_ (exercise)

*Repeat*

Music: \_\_\_\_\_