

TABATA MASH-UP

Your task is to design, then execute your own group's Tabata. Once you have developed your own Tabata, then you will share your workout with one or more other groups in the class. If you feel you need to make adjustments to the Tabata once you have gone through it, do the Tabata again with the changes to be sure it works better.

When building your Tabata, remember that transitions from exercise to exercise must be completed in 10 seconds or less. Please hand in this sheet when the class is complete.

Record your group's Tabata Mashup here:

Interval	Exercise
1	
2	
3	
4	
5	
6	
7	
8	