



# 10 Tabatas - 4-Minute Workouts that Improve Performance

*Troy Pesola*

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## **10 Tabatas - 4-Minute Workouts that Improve Performance** Troy Pesola

Sick of spending hours on the treadmill without seeing results?

Then **meet the Tabata**, a unique form of interval training that delivers results.

### ***Tabata - Interval Workouts Using Just Your Bodyweight***

The Tabata protocol delivers results in just 4 minutes. By working at high intensity for short periods of time, your body builds both cardiovascular capacity and endurance.

In this book you will learn the foundations of training with the Tabata Protocol using your bodyweight.

#### **You will ...**

- Learn which exercises to use for Tabata workouts.
- Have a clear roadmap on how to work up to the intensity of the Tabata workout.
- Have 10 ready to do Tabata workouts with both verbal descriptions and video demonstrations.
- Be equipped with a full dynamic warm up routine.

### ***Get In Shape Without Endless Hours On the Treadmill***

After reading this book, you will get results faster than spending endless hours on the treadmill, elliptical, stationary bicycle, or other cardiovascular machine.

#### **Just 4 minutes?**

Yes it is true, Tabata workouts only last 4 minutes.

I am constantly asked, "*Can 4 minutes really improve my performance?*"

**It is true.**

Just add a Tabata workout to the end of a strength training program and you have the perfect combination for transforming your health.

The Tabata workouts are proven to produce better results in just 4 minutes than running the treadmill for 60 minutes.

Get started today. With this book you will have ten workouts that require only a timer and your body - bodyweight workouts.

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