

## 20-10 Tabata Intervals

### Coaching Overview

- Refer to the COACHING CUES CHEAT SHEET for the exact verbal cues to properly coach each exercise
- Below are the bracelet or band color system that allows each trainer to know exactly how to coach someone based upon what clearance tests they have NOT passed yet. If they have not cleared a particular test yet, they should not be adding heavy weight or load to that particular movement.

Bracelet	Clearance Tests
	<i>Toe Touch Test</i>
	<i>Shoulder Mob. Test</i>
	<i>Push-up Test</i>
	<i>Lunge Test</i>
	<i>Squat Test</i>

The 3-week system we use is simple and yet allows clients to constantly get better to avoid any plateaus in the fitness journey.

<b>Week 1</b>	<b>Intro Week</b> <i>Introduce the workouts; become familiar with the exercises; initial week to determine the right exercise progression and load; Find the right training base</i>
<b>Week 2</b>	<b>Base Week</b> <i>Perform the workout at the appropriate base that allows you to complete the workout but challenges you in the process.</i>
<b>Week 3</b>	<b>Challenge Week</b> <i>“Go for it” week; Strive to outperform your past results, try something you have never done, and set a new personal record for the workout.</i>

# 20-10 TABATA TRAINING

## Program Overview

Workout A: 20-10 Supersets	Workout A: 20-10 Supersets	Workout C: 20-10 "Warrior" Circuit
DB Split Cleans Variation	DB Skier Swings Variation	DB See Saw Presses Variation
DB Split Press Variation	DB Mountain Climbers Variation	TRX Skater Jumps Variation
TRX Rip Trainer Pogo Jumps Variation	TRX Balanced Lunge Variation (L)	TRX Rip Trainer Jammers Variation
TRX Low Rows Variation	TRX Balanced Lunge Variation (R)	MB Slams Variation
Box Squat Jumps Variation	Band Step & Press Variation	Split Squat (L) Variation
Plyo Push-ups Variation	Band Lunge to Row Variation	Split Squat (R) Variation
KB Staggered RDL Variation (L)	KB Heartbeat Jacks Variation	Climber Hops Variation
KB Staggered RDL Variation (R)	KB Rainbow Abs Variation	Band Stationary Running/Battle Ropes

# WORKOUT A

**20-10 Tabata Supersets:** 20 seconds of work and 10 seconds rest for each exercise in the following supersets. Complete 8 rounds followed by a 1-minute rest and transition. Perform all four supersets.

#	Workout A: 20-10 Supersets	Alternatives	Level I	Level II	Level III
1	DB Split Cleans Variation		Parallel Stance DB Cleans	Staggered DB Cleans	Split DB Cleans
	DB Split Press Variation	Floor Press (Shoulder Pain)	Parallel Stance DB Press	Staggered DB Press	Split DB Press
2	TRX Rip Trainer Pogo Jumps Variation		TRX Rip Marches	TRX Rip Pogo Jumps	TRX Multidirectional Pogo Jumps
	TRX Horizontal Rows Variation		TRX Low Rows	TRX Horizontal Rows - Knees Bent	TRX Horizontal Rows - Legs Straight
3	Box Squat Jumps Variation		Box Squat	Box Squat Jump	Add MB
	Plyo Push-ups Variation		Box Speed Push-up	Box Plyo Push- up	Plyo Push-up On Floor
4	KB Staggered RDL Variation (L)	KB Sumo Deadlift	Decrease Weight		Increase Weight
	KB Staggered RDL Variation (R)	KB Sumo Deadlift			

Jeff McDaniel, May 2021 Program Design, [www.fastfit.club](http://www.fastfit.club)

# WORKOUT B

**20-10 Tabata Supersets:** 20 seconds of work and 10 seconds rest for each exercise in the following supersets. Complete 8 rounds followed by a 1-minute rest and transition. Perform all four supersets.

#	Exercise Variation	Alternatives	Level I	Level II	Level III
1	DB Skier Swings Variation		Parallel Stance Swings	Staggered Swings	Loading Progression
	DB Mountain Climbers Variation		Slow Climbers	Fast Climbers	Add Push-up
2	TRX Balanced Lunge Variation (L)	<b>Bridge (L)</b>	TRX Reverse Lunge	TRX Balanced Lunge	Arm Progressions
	TRX Balanced Lunge Variation (R)	<b>Bridge (L)</b>			
3	Band Step & Press Variation		Decrease Resistance	Band Step & Press	Increase Resistance
	Band Lunge to Row Variation		Decrease Resistance	Band Lunge to Row	Increase Resistance
4	KB Heartbeat Jacks Variation		Progress from Bodyweight Stepping Jacks to Bodyweight Jumping Jacks	KB Heartbeat Jacks	KB Heartbeat Squat Jacks
	KB Rainbow Abs Variation				

# WORKOUT C

**20-10 Tabata Supersets:** 20 seconds of work and 10 seconds rest for each exercise in the following supersets. Complete 8 rounds followed by a 1-minute rest and transition. Perform all four supersets.

#	Exercise Variation	Alternatives	Level I	Level II	Level III
1	DB See Saw Presses Variation	Push-ups <i>(White Band for Shoulder Pain)</i>			
2	TRX Skater Jumps Variation		TRX Assisted Speed Skaters	TRX Skater Jumps	Increase Height
3	TRX Rip Trainer Jammers Variation		Decrease Resistance		Increase Resistance
4	MB Slams Variation				
5	Split Squat (L) Variation	Single Leg Bridge (L)	Split Squat HOLD	Split Squat	MB Split Speed Split Squats
6	Split Squat (R) Variation				
7	Climber Hops Variation	Push-up Hold	Push-up Hold		
8	Band Stationary Running/Battle Ropes	Battle Ropes	Low Level Stationary Running	High Knee Stationary Running	Multidirectional Stationary Running