

TABATA WORKOUT TRACKER

"If it doesn't challenge you, it will not change you"

DATE:

INTERVALS	TYPE OF EXERCISE	REPETITIONS
Round 1 (20 secs)		
Rest (10 secs)		
Round 2 (20 secs)		
Rest (10 secs)		
Round 3 (20 secs)		
Rest (10 secs)		
Round 4 (20 secs)		
Rest (10 secs)		
Round 5 (20 secs)		
Rest (10 secs)		
Round 6 (20 secs)		
Rest (10 secs)		
Round 7 (20 secs)		
Rest (10 secs)		
Round 8 (20 secs)		
Rest (10 secs)		
TOTALS:		

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