

The Tabata Protocol

The Tabata Protocol is quite effective, to say the least. It's been around for a while, but not actively discussed in a lot of fitness circles. It can really help a lot of people if they figured out how to get it into their regular fitness routines. The Tabata Protocol originally for the Japanese speed skating team, there was a researcher at Japan's National Institute of Fitness and Sports. The Tabata Protocol with Interval Routine it's different, an interval routine that only involves 6-8 hard 20-second intervals, that's all that this workout takes. The entire event takes about 3-4 minutes, but adding on five minutes of warmup and five for cooldown takes a grand total of about 13 minutes. To burn any body fat in 3-4 minutes, it's been shown that this particular pattern of short, intense intervals can increase your metabolic rate significantly for hours after you finish, you're still burning calories. Kind of interval training is very effective for burning fat while keeping muscle tissue healthy. The Tabata Protocol is not an easy workout because it doesn't take a long time. If you do it properly, it is a difficult 3-4 minutes. Top athletes have been known to struggle, but they will stick with it knowing it will improve body fat levels as well as aerobic and anaerobic capabilities. The choices are nearly limitless for this method of cardio workout. Pretty much the only poor choice is a treadmill, only because it takes so long for the treadmill to adjust to different speeds and these intervals are so short.

So fitting the Tabata Protocol is not an easy way to work out. But, form of exercise can replace your other high-intensity workouts for more effective results and a few shorter days each week might be nice.