**Cardio Zen Tabata: The Modern Yin-Yang Experience**

**Skip Jennings**

Objective:

* Examine the Tabata format and how it works
* Learn how to blend cutting edge Tabata training with traditional yoga to create an innovate workout.
* Understand why these two seemly different workouts create the ‘modern-day yin-yang’ experience.

1. What is Zen Tabata?

* Class Description
* The Fusion
* Why Fusion
* Class Protocol

1. What Is Tabata?

* History of Tabata
* Tabata Protocol
* Tabata Exercise Progressions
* Why It Works

1. What is Yoga?

* Union/Yoke
* To Unite
  + The Mind
  + The Body
  + The Soul
* An Invitation From The Soul To
  + Slow Down
  + Be Present
  + Be Here Now
  + To Focus on Each Pose
  + Search For Inner Peace
* Types Of Yoga
  + Hatha
  + Meditation
  + Service
  + Mantra
* Stretch/Balance
* The Mental – The Mind
* The Physical – The Body
* The Spiritual – The Sprit

1. What Is Zen?

* Understanding Your True Self
* Pathway To Enlightenment
* Yin Yang Approach – Balance
* The Tabata/Yoga Connection

1. Why Intervals?
   * What Is An Interval
   * Why Interval Works
   * Safe Concerns
   * Mass Appeal
2. Class/Format Review

* Tabata - 1 Exercise 20 Seconds, 10 Second Rest, 8 Cycles
* One Exercise can progress
* Yoga – One Pose 20 Seconds, 10 Second Rest, 8 Cycles
* Cycles – 1 Cycle is 20 Seconds of Work and 10 Second Rest
* Sets – 1 Set is 8 Cycles

1. Equipment/Music
2. Teaching/Coaching Approach

* Be A Coach
  + Inspirational
  + Motivational
  + Technical

Choreography Notes:

Warm Up

Sun Salutations

|  |  |  |  |
| --- | --- | --- | --- |
| **Tabata Basic Exercise /Yoga Pose** | **Progression 1** | **Progression 2** | **Progression 3** |
| Lateral Shuffles (Cardio/Strength) | Lateral Shuffles Deep Squats | Lateral Shuffles Deep with a knee lift | Lateral Shuffle with Jump |
| Side Bend/Stretch (Yoga) | One Arm Overhead | Both Arms Overhead |  |
| Squats (Cardio/Strength) | Squat Alternating Knee Lift | Squat Plyometric Jumps |  |
| Chair Pose (Yoga) | Chair Pose Alternating Heal Lift | Chair Pose Both Heals Lift and Lower | Chair Pose Both Heals lift and balance |
| Scissors (Cardio) | Scissors – Single, Single Double | Scissors – Single, Single Double with torso rotation | Scissors - Single, Single Double Touch the floor |
| Crescent Lunge (Yoga) |  |  |  |
| Burpees - Step Back (Cardio/Strength) | Burpees – Hop Back | Burpees – Hop Back – Hop Forward | Burpees Hop Back – Push Up – Hop Forward |
| Chest Openers (Yoga) |  |  |  |
| Jacks (Cardio) |  | Air Jacks |  |
| Standing Splits (Yoga) | Standing Splits Grab Standing Leg With 1 Hand | Standing Splits Grab Standing Leg With Both Hands | Standing Splits Standing Leg knee Bends |
| Repeater Knees (Cardio) |  |  |  |
| Spinal Balance (Yoga) |  |  |  |

Cool Down and Stretch