

# **TABATA Exercises**

**Is define as interval exercise to raise the heart rate level to 60% maximum within the 20 second interval follow by a 10 second interval of rest. For maximum exertion and output this procedure is repeated between 3-8 times**

## **Benefits:**

- **Great memory concentration**
- **Better Mood**
- **Calm and Relax state**
- **Better Focus**
- **Less Stress**
- **Create Better healthy habits**
- **Physically Fit**