

Tabata Training Tracking Chart

Exercise 1	Totals Reps
Set 1 - (20 Secs.)	
Rest 10 Seconds	
Set 2 - (20 Secs.)	
Rest 10 Seconds	
Set 3 - (20 Secs.)	
Rest 10 Seconds	
Set 4 - (20 Secs.)	
Rest 10 Seconds	
Set 5 - (20 Secs.)	
Rest 10 Seconds	
Set 6 - (20 Secs.)	
Rest 10 Seconds	
Set 7 - (20 Secs.)	
Rest 10 Seconds	
Set 8 - (20 Secs.)	
Rest 10 Seconds	
Final Total Reps	

Exercise 2	Totals Reps
Set 1 - (20 Secs.)	
Rest 10 Seconds	
Set 2 - (20 Secs.)	
Rest 10 Seconds	
Set 3 - (20 Secs.)	
Rest 10 Seconds	
Set 4 - (20 Secs.)	
Rest 10 Seconds	
Set 5 - (20 Secs.)	
Rest 10 Seconds	
Set 6 - (20 Secs.)	
Rest 10 Seconds	
Set 7 - (20 Secs.)	
Rest 10 Seconds	
Set 8 - (20 Secs.)	
Rest 10 Seconds	
Final Total Reps	

Exercise 3	Totals Reps
Set 1 - (20 Secs.)	
Rest 10 Seconds	
Set 2 - (20 Secs.)	
Rest 10 Seconds	
Set 3 - (20 Secs.)	
Rest 10 Seconds	
Set 4 - (20 Secs.)	
Rest 10 Seconds	
Set 5 - (20 Secs.)	
Rest 10 Seconds	
Set 6 - (20 Secs.)	
Rest 10 Seconds	
Set 7 - (20 Secs.)	
Rest 10 Seconds	
Set 8 - (20 Secs.)	
Rest 10 Seconds	
Final Total Reps	

Exercise 4	Totals Reps
Set 1 - (20 Secs.)	
Rest 10 Seconds	
Set 2 - (20 Secs.)	
Rest 10 Seconds	
Set 3 - (20 Secs.)	
Rest 10 Seconds	
Set 4 - (20 Secs.)	
Rest 10 Seconds	
Set 5 - (20 Secs.)	
Rest 10 Seconds	
Set 6 - (20 Secs.)	
Rest 10 Seconds	
Set 7 - (20 Secs.)	
Rest 10 Seconds	
Set 8 - (20 Secs.)	
Rest 10 Seconds	
Final Total Reps	

Watch All The Made Fit TV Episodes Every Wednesday at 10am Est.