

## PE June 8 - 12

A *Tabata* is a form of exercise that alternates 20 seconds intense activity with 10 seconds resting for 8 sets or rounds. Try this variation of a Tabata, do numbers 1-6 then repeat for a total of 4 rounds, or go for more if you are up to it. Record your activity in the table below.



	Monday	Tuesday	Wednesday	Thursday	Friday
Number of Rounds					