## **Tabata Training: The 4 Minute Workout**



Tabata Training: The 4 Minute Workout John Paulson





This **Tabata Training: The 4 Minute Workout** is always there in my bag. In any spare time it was easy for me to read **Tabata Training: The 4 Minute Workout** despite having read repeatedly.

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Tabata Training: Is a 4-Minute Workout Really Effective? The 30-second cycle is repeated eight times for a total of just four minutes; Tabata Training works "both the anaerobic ... for a single workout, Tabata ...