

# Intense, Cutting Edge 30 Minute Workouts Offered At Glendale Sports Center

## 'Tabata' Is All The Rage

by Mark Smiley

In today's hectic world, working professionals and others are looking to maximize their workouts to get the best results in the most efficient manner possible. Long languid workouts are out — short high intensity programs are in. *Tabata* is one of these new workout programs that is sweeping the Valley. For the last 18 months, the *Glendale Sports Center* has offered *Tabata* classes and other high intensity 30-minute workouts for members, including popular ones that work your abs and glutes.

Classes are conducted by nationally certified YMCA instructors.

### What Is Tabata?

For years, the focus has been on calories burned during exercise, but new research reveals that the focus should shift to what happens after exercise is over. *Tabata* workouts are short in duration and designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over.

*Tabata* training is a type of high intensity interval training that follows a specific



**Convenient Exercising:** Cardio *Tabata* is offered every Thursday from 6:15 p.m. to 6:45 p.m. Strength *Tabata* is offered on Wednesdays from 5:10 p.m. to 5:40 p.m. All classes are offered at the Glendale Sports Center.



**High Intensity:** *Tabata* training is a type of high intensity interval training that follows a specific format: 20 seconds of a very high intensity exercise, 10 seconds of rest, and repeat 8 times for a total of 4 minutes.

format:

- 20 seconds of a very high intensity exercise (e.g., sprints)
- 10 seconds of rest
- Repeat 8 times for a total of 4 minutes

The idea for *Tabata* training originated from the world of professional athletes, as many of our workout ideas do. Dr. Izumi Tabata, a professor at the Faculty of Sport and Health Science at Ritsumeikan University in Japan, along with the head coach of the Japanese speed skating team, discovered that very short bursts of high intensity exercise, followed by even shorter rests, significantly improved their skaters' per-

formance.

Another interesting finding was that the *Tabata* Protocol improved both the anaerobic energy system (e.g., the system responsible for short, high intensity exercise, such as sprints) and the aerobic energy system (e.g., the system used for endurance exercise, such as long, slow running). Traditional interval training, with longer rests between work sets, and moderate intensity exercise target the aerobic system, but don't always improve the anaerobic system.

However, as Dr. Tabata found in his research study, doing high intensity interval training with a rest period shorter than the



**Popular 30 Minute Workouts:** *Tabata* is one of these new workout programs that are sweeping the Valley. The Sports Center offers *Tabata* and other high intensity workouts.

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work period can target both systems, giving both athletes and the average exerciser more bang for their buck.

### Additional 30-Minute Workout Classes

*Tabata* classes are offered at the Glendale Sports Center, located at 4500 East Kentucky Avenue in Glendale. *Cardio Tabata* is offered every Thursday from 6:15 to 6:45 p.m. *Strength Tabata* is offered on Wednesdays from 5:10 to 5:40 p.m. It is an intense strength workout in the studio upstairs. There are 4 or 5 rounds and a total body workout. This incorporates dumbbells and steps, stability balls, medicine balls, and kettlebells. Each class has approximately 20 participants and is free to members only. Other classes that are 30 minutes in length include *PUSH*, *Speedball*, *Abs and Glutes*.

*Abs and Glutes* are highly concentrated on legs and core which is the front, abs, abdominals, lower back, and obliques. All motion comes from the core. Every sport that you participate in, needs a strong core and legs. There are approximately 5-25 in these classes.

*PUSH* is a bootcamp utilizing every body part. It is a strength/cardio class using weights. All classes can be held outside, weather permitting.

*Speedball* is held inside the gym with 30 straight minutes using a medicine ball. This method of exercise is explosive and dynamic.

For more information and a full schedule, visit [infinityparkatglendale.com/sportscenter](http://infinityparkatglendale.com/sportscenter).