

Mein Tabata Trainingsplan

Aufwärmen nicht vergessen ... den Timer (die App) starten

- **20s** Intervall **1**

- *10s Pause*

- **20s** Intervall **2**

- *10s Pause*

- **20s** Intervall **3**

- *10s Pause*

- **20s** Intervall **4**

- *10s Pause*

- **20s** Intervall **5**

- *10s Pause*

- **20s** Intervall **6**

- *10s Pause*

- **20s** Intervall **7**

- *10s Pause*

- **20s** Intervall **8**

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