

DANCE TEAM UNION

DANCE TABATA

We combine Tabata techniques with dance skills to create a fast-paced cardio workout that works muscles specific to dance skills. Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

INSTRUCTIONS

Tell participants they will need a chair for this class to act as a bar. If they do not have access to a chair that is okay! They can use a wall or just balance. Open the DTU camp Spotify playlist and find the four Tabata songs. Once it is time to start the music, you will share your audio with everyone.

You will have about five minutes to explain the class and go through each exercise. Have the participants be stretching and getting warm while you explain.

Explain the Class

In this Dance Tabata class, we will be doing five exercises that I will show to you shortly. We will do each exercise as many times as we can for 20 seconds, then rest for ten seconds. We will repeat this eight times for each exercise, four times on the right, and four times on the left. We will rest for 1 minute before moving on to the next exercise. The music will tell you when to start and when to stop. We are going to get tired, so let's hear encouraging words throughout the class! Shout out when you feel the team needs some encouragement!

Go Over Each Exercise

Exercise 1: Front lunge to passe, side lunge to passe

Exercise 2: Passe, tap the floor, passe, tap the floor

Exercise 3: Downward dog, knee in, leg up, knee in, downward dog

Exercise 4: Plie in releve - bend towards chair

Exercise 5: With chair - arabesque leg pulse

Play the first song and do the first exercise on the right leg. The music will count you in and count you out of each exercise and rest period. Do four sets, and then do four sets on the left. Now the song should be over. Rest for 60 seconds while reminding the dancers which exercise is next. Start the next Tabata song and begin exercise 2.