

PRODUCT INFORMATION SHEET

TABATA™ CYCLE POWERED BY ICG®

WHY?

High Intensity Interval Training (HIIT) is the number one trend in exercise (ACSM) and Tabata™ is the best known protocol in this category. We have developed a modular exercise program that incorporates the Tabata™ protocol exclusively endorsed by Professor Tabata to provide the end consumer with the real benefits of TABATA™.

HOW?

Working exclusively with Professor Tabata, and partnering with ICG®, Universal have developed 20 minute group exercise or small group training programs delivering all the benefits of the Tabata™ protocol in an exhilarating workout.

INTRODUCING TABATA® CYCLE – POWERED BY ICG®

Indoor Cycling – it's how Tabata™ was born, tested, and proven in the Lab. The authenticity and athleticism behind the 4 minute protocol is how results are not only made, but also guaranteed. In every Tabata™ Cycle – Powered By ICG® session, you'll start with a surge of movement, music and unrivalled motivation – every pedal stroke gearing you to rush to your max during the 4 minute Tabata™ protocol. After you've gone all out, you'll ride for strength and recovery to a sequence of movements that bring your heart rate back down while receiving maximal tone, strength and conditioning.

WHO IS IT FOR?

Designed to allow the instructor the ability to build the perfect class with the ideal music to inspire their audience, the Tabata™ programs are the ideal group exercise program for peak periods, the time poor or those looking for guaranteed results in a small group training environment. With no instructor burn out you can deliver as many sessions as you like. It's a perfect addition to your group ex portfolio or a way of generating revenue through small group training.

HOW TO PARTICIPATE?

Because of the standard 20 minute length but with the adaptability of a modular approach, the Tabata™ exercise programs are the ideal addition to any group ex timetables. They can relieve pressure on the gym floor in peak times, are attended 50/50 male/female and are ideal for the pre work or lunch time crowd. Not only that but introduced as a small group training programs they can generate extra revenue.



Also available as a virtual app for Myride® VX console

PRICING

	TRAINING	MONTHLY PROGRAM	VIRTUAL APP
TABATA™ CYCLE POWERED BY ICG® UK	£200pp	£15pppm	£899

REGISTER YOUR INTEREST OR BOOK A COURSE AT WWW.TABATAOFFICIAL.COM