



# Fitness Workshop Tabata

## TARGET

Top-up Degree,  
3-Year Degree and  
Advanced Diploma  
students

## About Tabata

Tabata training is a whole-body exercise program and a great way to gain lean muscle. Tabata targets not only the anaerobic energy system responsible for short, high-intensity exercises such as sprints, but also the aerobic energy system, used for endurance exercise such as long, slow running. In this way, it differs from traditional interval training. In this workshop, you can learn about the preparation before the exercise, experience few variations of Tabata workout, and know the stretches to enhance muscle recovery.

## Trainer Information

**Mr. Khalil LIN**, a registered fitness trainer and yoga instructor. Provide teaching to various branches of Anytime Fitness and Snap Fitness. He believes that training is not only aiming at better body shape, but living a healthy lifestyle physically and mentally.

## Workshop Details

Date:	<b>20 January 2023, Friday</b>
Time:	4:00pm to 5:00pm
Venue:	LI-2301, 2/F, Li Dak Sum Yip Yio Chin Academic Building, City University of Hong Kong
Language:	Cantonese & English
Quota:	20
Fees:	Free of Charge
Application Deadline:	<b>16 January 2022, Monday</b>
Online Application:	<a href="http://www.scope.edu/seminar/223-SA-1">www.scope.edu/seminar/223-SA-1</a>
Trainer:	<b>Mr. Khalil LIN</b>

