What is HIIT?:
High intensity interval training uses intervals of high and medium intensity exercises so your muscles demand more oxygen, which maximizes calorie burning. This builds lean muscle mass and burns more calories before and after working out!

HIIT has been known to improve:
• Cardiovascular Health
• Blood Pressure
• Cholesterol
• Body weight and maintaining muscle
• Aerobic and anaerobic fitness
• Insulin sensitivity (glucose metabolism)
• Improved athletic capacity
• HIIT also serves as an effective way to increase VO2 max without having to run for long distances or periods of time.

Elements of a HIIT Workout:
• 15-30 Minutes of extreme exercise
• 100% effort the entire workout (do what you feel you can do)
• Simple movements at high intensity
• Bouts of exercise and rest in between, usually 30 seconds and 10 seconds- 1 minute of rest for high intensity and 60-90 seconds for medium intensity. This can be adjusted for any fitness level.

Why is HIIT so Popular?:
• HIIT can be done just about anywhere, with pretty much any equipment and any mode of exercise
• Can be easily modified for people of all fitness levels and special conditions such as being overweight or cardiovascular diseases.
• Provides same if not better results in less time!

Developing a HIIT Plan:
Things to consider- intensity, duration, and frequency of intervals.
• two HIIT workouts a week
• Beginners should not go all out but rather go at a relatively low or medium intensity and gradually build up the intensity.
• Always a 3-5 min warmup before
• To get the full benefits of HIIT, you need to push yourself past the upper end of your aerobic zone and allow your body to replenish your anaerobic energy system during the recovery intervals.

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