

April Newsletter

High Intensity Interval Training, HIIT



April Challenge

This month's challenge is the bar hang. During your training session, you will have the opportunity to hang from the pull up bar, without touching your feet to the floor or wall. The client that can hang from the bar the longest, wins a free training session which can be a month of online training or one personal training session.

Good luck!



High Intensity Interval Training or HIIT has become the workout rage. HIIT is way of training in which you push to +80% of your maximum heart rate for a designated time, followed by 40-50% of max heart rate for a designated recovery time.

HIIT has many benefits. First, it burns more calories than traditional cardio=faster weight loss! It does a better job of preserving lean body mass, so it more efficiently lowers your body fat percentage. It's adaptable to most populations. It has been

show to improve insulin sensitivity and lower blood pressure. It also builds both aerobic and anaerobic fitness.

You can utilize HIIT routines in the swimming pool, elliptical, running, weight training, row machine, stair climber, and just about any other form of exercise. You may find you do these workouts naturally as you are biking a hilly course or playing basketball.

SOUNDS AWESOME, HOW DO I START???

It is important to first build a cardio base. You should be consistently doing cardiovascular training for 20-60 minutes, 3-5 times per a week. Start by adding 30 second "sprints" throughout your workout. These should be pushed to a level that is very difficult to carry on a conversation. After your 30 seconds, bring down the intensity until you can easily carry on a conversation. Wait until you feel recovered and repeat these intervals for 20 minutes. Do this workout 1x/week.

Based on your fitness level, you can build the

length of the high intensity interval, the total length of the workout, and the total HIIT workouts you complete within a week.



A common HIIT routine would be a Tabata routine. Working hard for 20 seconds, resting for 10 seconds and repeating this sequence 8 times for a total of 4 minutes.

Another common HIIT routine would be 3 minutes high intensity, followed by 3 minutes low intensity, repeating this sequence 5 times.

Give it a try in your next cardio workout!