

MIND/EXERCISE/DIET/SLEEP

H.I.I.T

High Intensity Interval Training

IF YOU ARE LOOKING TO BOOST YOUR CARDIOVASCULAR TRAINING AND WORKOUTS TRY HIGH INTENSITY INTERVAL TRAINING (H.I.I.T). IT INCREASES YOUR HEART RATE AND RESPIRATORY RATE, MAXIMIZING THE HEALTH BENEFITS OF YOUR WORKOUT.

H.I.I.T IS BASED ON THE IDEA THAT SHORT BURSTS OF INTENSE EXERCISE CAN HAVE A BIG IMPACT ON THE BODY. THIS IS GOOD FOR YOUR HEART, LUNGS, METABOLISM AND MORE. IT WILL HELP ACCELERATE FAT LOSS AND IMPROVE AEROBIC AND ANAEROBIC ENDURANCE, PRODUCING FAST RESULTS IN A SHORT PERIOD OF TIME. IT MAY SOUND TOO GOOD TO BE TRUE, BUT LEARNING THIS EXERCISE TECHNIQUE AND ADAPTING IT TO YOUR LIFE 3 TIMES A WEEK CAN MEAN SAVING HOURS AT THE GYM INCREASING YOUR OVERALL HEALTH, ENERGY LEVELS AND APPEARANCE.

Caution:

Before trying H.I.I.T ensure you already have a good cardio routine. Establishing a resting heart rate of 60bpm or less prior to adding in H.I.I.T. is recommended.

HERE'S A LINK TO A GOOD NO EQUIPMENT REQUIRED EXAMPLE WORKOUT:

<https://www.youtube.com/watch?v=TkaYafQ-XC4&t=24s>

7-MINUTE

HIIT

WORKOUT

Do each exercise at **high intensity** for 30 seconds followed by a 10-second rest if needed.
Repeat entire circuit up to three times.

JUMPING JACKS

WALL SIT

PUSH-UPS

CRUNCHES

CHAIR STEP-UPS

SQUATS

TRICEPS DIPS

PLANK

HIGH KNEES/RUNNING IN PLACE

LUNGES

PUSH-UP ROTATIONS

SIDE PLANK

H.I.I.T. HEART RATE ZONE

THE KEY TO A SUCCESSFUL H.I.I.T. EXERCISE IS TO MAINTAIN A HIGH HEART RATE FOR THE DURATION OF THE WORKOUT WITH A TARGET GOAL OF 80-90% OF YOUR MAXIMAL HEART RATE (160BPM). DURING YOUR RECOVERY/COOL OFF STAGE YOU SHOULD MAINTAIN AROUND 55% (101BPM)