

what's hiit training

what's hiit training, a revolutionary approach to fitness that has taken the workout world by storm. High-Intensity Interval Training (HIIT) is characterized by short bursts of intense anaerobic exercise interspersed with brief recovery periods. This method is renowned for its efficiency, allowing individuals to achieve significant fitness gains in a fraction of the time compared to traditional steady-state cardio. Understanding what's HIIT training involves delving into its core principles, the science behind its effectiveness, and the diverse benefits it offers for both cardiovascular health and fat loss. This comprehensive guide will explore the fundamental components of HIIT, how to effectively incorporate it into your fitness routine, and what you can expect in terms of results. We will also touch upon common HIIT exercises and provide guidance on how to tailor these workouts to your specific fitness level.

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What is HIIT Training?

HIIT training, or High-Intensity Interval Training, is a time-efficient workout strategy that alternates between periods of maximal effort exercise and short, passive recovery. The defining characteristic of HIIT is the intensity during the work intervals; these efforts are designed to push your body close to its limits. This approach is fundamentally different from traditional cardio, which typically involves sustained, moderate-intensity activity for longer durations. The rapid cycling between all-out effort and rest or low-intensity recovery creates a metabolic demand that triggers a cascade of physiological adaptations, making it highly effective for improving fitness and body composition.

The core concept of HIIT is simple yet powerful: work hard, recover briefly, and repeat. The duration of work intervals can vary, commonly ranging from 20 seconds to 1 minute, while recovery periods are typically half the length of the work interval or even shorter. The overall duration of a HIIT session is usually much shorter than traditional workouts, often ranging from 10 to 30 minutes, yet it can yield comparable or even superior results in terms of calorie expenditure and cardiovascular improvements. This makes it an ideal option for individuals with busy schedules or those looking to maximize their training efficiency.

The Science Behind HIIT's Effectiveness

The remarkable effectiveness of HIIT training can be attributed to several physiological

mechanisms. One of the primary drivers is the significant "afterburn effect," also known as Excess Post-exercise Oxygen Consumption (EPOC). During and immediately after a HIIT session, your body's metabolic rate remains elevated as it works to restore itself to its pre-exercise state. This means you continue to burn calories at an increased rate for hours after your workout has finished, contributing significantly to overall calorie expenditure and fat loss.

Furthermore, HIIT training is exceptionally effective at improving cardiovascular fitness. The repeated bouts of high-intensity effort challenge your heart and lungs, leading to improvements in VO2 max (the maximum amount of oxygen your body can utilize during strenuous exercise). This enhanced aerobic capacity translates to better endurance and overall stamina. Additionally, HIIT workouts can stimulate the release of hormones that promote muscle growth and fat breakdown, further enhancing body composition. The anaerobic nature of the high-intensity intervals also builds muscle, which in turn boosts metabolism.

Metabolic Adaptations

HIIT workouts trigger profound metabolic adaptations that contribute to its effectiveness. The intense bursts of activity deplete glycogen stores rapidly, forcing the body to tap into fat reserves for energy. This metabolic shift, coupled with the EPOC effect, makes HIIT a potent tool for fat reduction. The body becomes more efficient at utilizing different fuel sources during exercise, leading to improved energy metabolism.

Hormonal Responses

The hormonal response to HIIT is another key factor in its success. High-intensity exercise has been shown to stimulate the release of growth hormone and catecholamines (like adrenaline and noradrenaline). These hormones play crucial roles in fat mobilization, energy expenditure, and muscle protein synthesis. The precise interplay of these hormonal signals enhances the body's ability to burn fat and build lean muscle mass.

Key Components of a HIIT Workout

A typical HIIT workout is structured around the principle of alternating high-intensity work periods with short recovery phases. The specific duration of these intervals, the type of exercise, and the overall workout length can be customized to suit individual fitness levels and goals. However, the fundamental structure remains consistent: pushing hard when it's time to push, and allowing for brief recovery before the next intense effort.

The selection of exercises for a HIIT session is crucial. They should be compound movements that engage multiple muscle groups and can be performed at a high intensity. This ensures maximum engagement of the cardiovascular system and significant calorie expenditure. The recovery periods are equally important; they are not meant for complete rest but rather for active recovery, such as walking or light jogging, allowing the heart rate to drop slightly before the next bout of intense work.

Work Intervals

Work intervals are the core of any HIIT session. These are periods where you perform exercises at your maximum or near-maximum effort. The intensity is paramount; you should feel challenged and find it difficult to speak more than a word or two during these intervals. The duration can vary, but common ranges include 20-60 seconds. The exercises chosen for these intervals should be dynamic and demanding, such as sprinting, burpees, jump squats, or cycling at maximal effort.

Recovery Intervals

Recovery intervals are the short periods of rest or low-intensity activity between work intervals. Their purpose is to allow your heart rate to recover sufficiently to perform the next work interval with high intensity, without becoming completely fatigued. These intervals are typically shorter than the work intervals, often lasting between 10 to 30 seconds. Active recovery, such as walking or light jogging, is often preferred over complete rest, as it helps to keep the metabolism elevated and can improve blood flow, aiding in lactic acid removal.

Number of Rounds and Sets

The total number of work and recovery intervals, often referred to as rounds or sets, determines the overall length and intensity of the HIIT workout. A beginner might start with fewer rounds, perhaps 6-8, while more advanced individuals might perform 10-15 rounds or more. The rest between full rounds (sets of work/recovery intervals) can be longer than the intra-interval recovery periods, typically ranging from 1 to 2 minutes, to allow for a more substantial recovery before commencing the next set of intense efforts.

Benefits of HIIT Training

The advantages of incorporating HIIT training into your fitness regimen are numerous and far-reaching. Beyond its impressive time efficiency, HIIT offers significant improvements in cardiovascular health, potent fat-burning capabilities, and enhanced muscle building potential. These benefits make it a versatile and highly effective training modality for a wide range of individuals seeking to improve their overall physical well-being.

One of the most celebrated benefits of HIIT is its impact on calorie expenditure. Due to the high intensity and EPOC effect, HIIT workouts burn a substantial number of calories in a short period and continue to burn them at an elevated rate post-exercise. This makes it a powerful tool for weight management and fat loss. Furthermore, the cardiovascular improvements derived from HIIT are substantial, leading to a stronger heart, improved blood pressure, and increased endurance.

Weight Loss and Fat Burning

HIIT is a highly effective strategy for weight loss and reducing body fat. The intense bursts of activity demand a significant amount of energy, leading to a high calorie burn during the workout.

More importantly, the EPOC effect ensures that your metabolism remains elevated for hours afterward, leading to continued calorie expenditure and increased fat oxidation. Studies have consistently shown HIIT to be more effective than steady-state cardio for fat loss, particularly visceral fat, which is often linked to health risks.

Improved Cardiovascular Health

Regular participation in HIIT training leads to significant improvements in cardiovascular function. The repeated challenges to the heart and lungs strengthen these vital organs, leading to an increased VO2 max, which is a key indicator of cardiovascular fitness. This translates to improved endurance, lower resting heart rate, and better blood pressure regulation. A healthier cardiovascular system is crucial for overall health and longevity.

Muscle Preservation and Growth

While often associated with cardio, HIIT can also contribute to muscle preservation and even growth, particularly when combined with resistance exercises. The intense anaerobic nature of the work intervals stimulates muscle fibers, and the hormonal responses triggered by HIIT can support muscle protein synthesis. Unlike prolonged cardio that can sometimes lead to muscle catabolism, shorter, intense HIIT sessions are less likely to cause significant muscle loss and can even promote lean muscle development, which further boosts metabolism.

Time Efficiency

Perhaps one of the most appealing benefits of HIIT training is its remarkable time efficiency. In as little as 10-30 minutes, you can achieve a workout that delivers comparable or even superior results to a much longer session of moderate-intensity exercise. This makes it an ideal option for individuals with busy lifestyles who struggle to find time for longer gym sessions. It allows for intense workouts that fit seamlessly into a packed schedule.

Common HIIT Exercises and Variations

The beauty of HIIT training lies in its versatility; a wide array of exercises can be incorporated into a HIIT protocol, allowing for endless workout combinations. The key is to select exercises that can be performed with maximal effort and engage large muscle groups. Bodyweight exercises are particularly popular due to their accessibility and effectiveness, but equipment like kettlebells, dumbbells, and even cardio machines can also be used.

Bodyweight HIIT workouts are excellent for building a strong foundation and can be performed almost anywhere. Compound movements that involve multiple joints and muscle groups are ideal for maximizing intensity and calorie burn. Whether you're a beginner or an experienced athlete, there are HIIT variations suitable for your fitness level.

Bodyweight HIIT Exercises

Bodyweight exercises form the backbone of many effective HIIT workouts. These require no equipment and can be modified to suit different fitness levels. Examples include:

- Burpees: A full-body exercise that combines a squat, plank, push-up, and jump.
- Jump Squats: Explosive squats that involve jumping as high as possible.
- High Knees: Running in place with exaggerated knee lifts.
- Mountain Climbers: A plank variation where you rapidly alternate bringing your knees towards your chest.
- Jumping Jacks: A classic full-body cardio exercise.
- Lunges with a Jump: Alternating lunges that finish with an explosive jump.

Cardio Machine HIIT

For those who prefer using equipment, cardio machines can be excellent for HIIT sessions. The resistance and speed can be adjusted to achieve high intensity.

- Treadmill Sprints: Alternating between all-out sprints and brisk walking or jogging.
- Stationary Bike Intervals: Max effort cycling bursts followed by periods of easy pedaling.
- Elliptical Machine High Intensity: Pushing hard on the elliptical with increased resistance and speed.
- Rowing Machine Bursts: Short, powerful rowing intervals at maximal effort.

Kettlebell and Dumbbell HIIT

Kettlebells and dumbbells add an extra challenge and can be used for compound movements that increase intensity and strength building.

- Kettlebell Swings: A dynamic exercise that works the posterior chain and core.
- Dumbbell Thrusters: A squat and overhead press combination.
- Renegade Rows: A plank with alternating dumbbell rows.
- Clean and Press: A powerful full-body movement involving lifting weights from the floor to an overhead press.

How to Incorporate HIIT into Your Fitness Routine

Integrating HIIT into your fitness routine requires a strategic approach to ensure effectiveness and prevent overtraining. It's not about replacing all your workouts with HIIT, but rather using it strategically to complement your existing training plan. Beginners should start gradually, focusing on proper form and gradually increasing the intensity and duration of their sessions.

Consistency is key, but so is listening to your body. HIIT is demanding, so adequate recovery between sessions is crucial for muscle repair and preventing injury. Understanding when and how often to perform HIIT can maximize its benefits while minimizing risks.

Frequency and Progression

For beginners, it is advisable to start with one to two HIIT sessions per week, ensuring at least one rest day between sessions. As your fitness improves, you can gradually increase the frequency to two to three sessions per week. Avoid performing HIIT on consecutive days to allow your body adequate time to recover. Progression can be achieved by increasing the duration of work intervals, decreasing recovery times, adding more rounds, or selecting more challenging exercises.

Warm-up and Cool-down

A proper warm-up is essential before any HIIT session to prepare your muscles and cardiovascular system for intense exertion. This should include light cardio for 5-10 minutes, such as jogging or jumping jacks, followed by dynamic stretching like arm circles, leg swings, and torso twists. Similarly, a cool-down period of 5-10 minutes is crucial for gradually lowering your heart rate and aiding muscle recovery. This can involve light cardio and static stretching, holding each stretch for 20-30 seconds.

Listen to Your Body

It is paramount to listen to your body when engaging in HIIT training. Pushing too hard too soon can lead to injury or burnout. If you experience sharp pain, dizziness, or extreme fatigue, stop the workout immediately. Proper form should always be prioritized over speed or repetitions. If you are unsure about an exercise or the appropriate intensity, consult with a certified fitness professional.

Who Can Benefit from HIIT Training?

The broad appeal of HIIT training lies in its adaptability and effectiveness for a wide range of individuals, from sedentary adults looking to kickstart their fitness journey to seasoned athletes seeking to enhance their performance. Its time-efficient nature makes it accessible to almost everyone, regardless of their current fitness level or lifestyle constraints.

While HIIT offers significant advantages, it's important to consider individual health status and fitness goals. Those with pre-existing medical conditions, particularly cardiovascular issues, should consult with their healthcare provider before commencing any high-intensity training program. However, with appropriate modifications and guidance, HIIT can be a powerful tool for many.

Beginners

For individuals new to exercise, HIIT can be an excellent way to rapidly improve cardiovascular fitness and build a foundation of strength. It's crucial for beginners to start with modified exercises and shorter work intervals, focusing on mastering proper form. Gradually increasing the intensity and duration as they become fitter will allow them to reap the benefits safely.

Athletes and Fitness Enthusiasts

HIIT is a staple for many athletes and dedicated fitness enthusiasts looking to boost their performance, improve endurance, and enhance their body composition. It can help break through plateaus and introduce a new level of challenge to their training regimens, leading to increased power, speed, and overall athleticism.

Individuals with Limited Time

The most significant benefit for many is the time efficiency of HIIT. For those with demanding work schedules, family commitments, or other time constraints, a 15-30 minute HIIT session can provide a highly effective workout that traditional methods might not allow. This makes achieving fitness goals more feasible for busy individuals.

Those Seeking Weight Loss

HIIT is a powerful ally for individuals focused on weight loss and fat reduction. Its ability to burn a high number of calories during and after the workout, coupled with its effectiveness in improving metabolism, makes it a superior choice for shedding excess pounds and improving body composition compared to many other forms of exercise.

Safety Considerations and Precautions

While HIIT training offers numerous benefits, it's essential to approach it with an understanding of its intensity and potential risks. Proper technique, adequate preparation, and mindful execution are paramount to ensure safety and prevent injuries. Ignoring these precautions can lead to setbacks and discourage individuals from continuing their fitness journey.

It is always advisable to consult with a healthcare professional before starting any new exercise program, especially one as demanding as HIIT. This is particularly important for individuals with pre-existing health conditions, injuries, or those who have been sedentary for an extended period. A

qualified fitness trainer can also provide invaluable guidance on proper form and workout design.

Proper Form and Technique

Maintaining correct form throughout each exercise is the most critical aspect of safe HIIT training. Poor form not only reduces the effectiveness of the exercise but also significantly increases the risk of muscle strains, sprains, and other injuries. Focus on controlled movements and engage the appropriate muscle groups. If you're unsure about the correct technique, seek guidance from a certified personal trainer or watch reputable instructional videos.

Listen to Your Body's Signals

As previously mentioned, paying close attention to your body's signals is vital. Differentiate between muscle fatigue, which is expected during a workout, and pain, which is a warning sign. If you experience any sharp, sudden, or persistent pain, stop the exercise immediately. Persistent discomfort or pain should be addressed by a medical professional.

Gradual Progression

Avoid the temptation to jump into overly intense or long HIIT sessions right away. Gradual progression is key to allowing your body to adapt and build resilience. Start with shorter work intervals, longer recovery periods, and fewer rounds. As your fitness improves, you can slowly increase the intensity, duration, and complexity of your workouts. This approach minimizes the risk of overexertion and injury.

Hydration and Nutrition

Staying adequately hydrated is crucial, especially during intense workouts. Drink water before, during, and after your HIIT sessions. Proper nutrition also plays a significant role in recovery and performance. Ensure you are consuming a balanced diet that supports your training goals, including sufficient protein for muscle repair and carbohydrates for energy.

Medical Consultation

For individuals with any underlying health conditions, such as heart disease, high blood pressure, diabetes, or joint problems, it is imperative to consult with a doctor or a qualified healthcare provider before starting a HIIT program. They can assess your suitability for high-intensity exercise and provide personalized recommendations or modifications to ensure your safety.

FAQ Section

Q: What's HIIT training and why is it so popular?

A: HIIT training, or High-Intensity Interval Training, is a workout method characterized by short bursts of intense exercise alternated with brief recovery periods. It's popular because it's incredibly

time-efficient, burns a high number of calories, improves cardiovascular fitness significantly, and can aid in fat loss, making it ideal for busy individuals.

Q: How long should a typical HIIT workout session last?

A: A typical HIIT workout session is relatively short, usually ranging from 10 to 30 minutes. This duration includes the work intervals, recovery periods, and a brief warm-up and cool-down. The intensity is the key factor, not the length of the session.

Q: Is HIIT training suitable for beginners?

A: Yes, HIIT training can be suitable for beginners, but it requires careful modification. Beginners should start with shorter work intervals, longer recovery periods, fewer rounds, and focus on mastering proper exercise form. Consulting with a fitness professional is highly recommended to ensure safe and effective implementation.

Q: How often should I perform HIIT training per week?

A: For most individuals, performing HIIT training 1-3 times per week is sufficient. It's crucial to allow at least one rest day between HIIT sessions to enable adequate muscle recovery and prevent overtraining. The exact frequency may depend on individual fitness levels and the intensity of the workouts.

Q: What are the main benefits of HIIT training besides burning calories?

A: Beyond calorie burning, HIIT training significantly improves cardiovascular health by increasing VO2 max, helps preserve and even build lean muscle mass, enhances insulin sensitivity, and boosts metabolism. It also offers psychological benefits like increased focus and mental resilience due to overcoming intense challenges.

Q: Can HIIT training help build muscle?

A: While not primarily a muscle-building program like weightlifting, HIIT training can contribute to muscle preservation and even some muscle growth, especially when compound, full-body exercises are used. The intense anaerobic nature of the work intervals stimulates muscle fibers, and the hormonal response can support muscle protein synthesis.

Q: What is the difference between HIIT and High-Intensity Steady State (HISS) cardio?

A: HIIT involves alternating between very high-intensity efforts and short recovery periods, making it anaerobic and anaerobic in nature. HISS, or High-Intensity Steady State, involves maintaining a consistently high heart rate for an extended period, focusing on aerobic capacity. HIIT is generally shorter and more intense, while HISS is longer and sustained.

Q: What are some common exercises used in HIIT workouts?

A: Common HIIT exercises include bodyweight movements like burpees, jump squats, high knees, mountain climbers, and jumping jacks, as well as exercises using equipment like kettlebell swings, dumbbell thrusters, and sprints on a treadmill or stationary bike. The key is to choose exercises that can be performed with maximal effort.

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whats hiit training: High Intensity Interval Training Essie Temples, 2021-07-02 Whatever your exercise of choice may be, chances are pretty good you've heard of the term high-intensity interval training or HIIT. But what is HIIT really, and how can you use it to make the most out of your workouts? It's a common-and legit question-whether you're a fan of cardio like running or indoor cycling, or prefer to lift weights or strength train. While you might not know exactly what HIIT is, you may have an idea in your mind about what it entails. Burpees, anyone? But like many workout protocols in the fitness field, there are some misconceptions about what HIIT really is, and what it can do for your fitness routine. This book will help you find out just how effective interval training is and how it can be used in only a fraction of the time when compared to continuous training such as jogging at the same speed for up to an hour at a time. you will discover the different forms of HIIT training such as Tabata, Fartlek, the Little Method, and how best to use them. What is more, you will learn how to craft and make use of your own HIIT training designs, specifically to help you achieve your exercise goals in an incredibly quick time.

whats hiit training: Beginners Guide to HIIT Workouts High Intensity Interval Training M. Usman, John Davidson, 2015-06-09 Table of Contents Introduction Chapter 1 - How to Use This Book Chapter 2 - The Basics of HIIT Chapter 3 - Is HIIT The Right Workout for Me? Chapter 4 - Simple HIIT Workouts Conclusion Author Bio Introduction So, you've tried out various workouts, weight loss programs, and gym rituals and things are working out all right, but you're not seeing results that satisfy you completely. That's exactly where a HIIT workout can help you. Cast aside the belief that a jog or brisk walk is a good enough daily dose of exercise for you, because sure, they help, but if you want to see real and sustained positive change with your body, a toned physique, and a slender figure, you need to step up the game to a whole new level. The most fundamental problem when it comes to weight loss, working out, and seeing positive change in our bodies, is that we often doubt ourselves. We hesitate or give up too early before we are able to notice the benefits that exercise can have on our lives. You see, exercise isn't just about shaping your body. It's a workout that affects your physical, emotional, and mental wellbeing. Without regular exercise and without looking after our physical health, we may as well kiss all other forms of health goodbye. Exercise is proven to be a truly powerful force in terms of fighting off the symptoms and onset of depression. Working out can have this beneficial effect on your brain by encouraging the release of serotonin, a chemical that can lift our mood and feelings of self-appreciation and confidence. It is this chemical that forms the basis of our self-esteem. Regular exercise and working out thoroughly, on a daily basis, will not only whip your body into shape and mold fatty tissue into lean muscle, but it also reduces your risk of developing a manner of nasty health problems in the future. You're probably

already aware of the growing obesity and heart disease crisis. The simple fact is that both of these health complications can be fought off with the successful and determined implementation of regular exercise and fitness training. With HIIT workouts in particular, your heart and circulatory system are given a real run for their money. You will be strengthening your vital organ and improving your heart's ability to cope with stress and pressure – both in a physical and emotional sense. Now of course, working through a HIIT workout isn't a walk in the park. It takes real strength, persistence, and resilience and is certainly not for the faint hearted. If you're up for a real challenge, in terms of fitness and working out, then you're certainly in the right place. This book will provide a guide that walks through the basics of what a HIIT workout is, the benefits in terms of physical and mental health, the risks and precautions, and a number of helpful tips when undergoing a HIIT workout. This book will also present a number of simple and quick HIIT workouts and exercise activities that can be carried out at home or in thy gym. So, if you're ready to step up your game and head straight down the path to a stronger, leaner, and healthier body – read on. This is the beginning of crafting the body that you're striving for, the reflection in the mirror that will make you proud, confident, and even more optimistic about your health than ever before. It all starts here and it all starts now.

whats hiit training: High Intensity Interval Training Mariah Brunt, 2021-07-02 Whatever your exercise of choice may be, chances are pretty good you've heard of the term high-intensity interval training or HIIT. But what is HIIT really, and how can you use it to make the most out of your workouts? It's a common-and legit question-whether you're a fan of cardio like running or indoor cycling, or prefer to lift weights or strength train. While you might not know exactly what HIIT is, you may have an idea in your mind about what it entails. Burpees, anyone? But like many workout protocols in the fitness field, there are some misconceptions about what HIIT really is, and what it can do for your fitness routine. This book will help you find out just how effective interval training is and how it can be used in only a fraction of the time when compared to continuous training such as jogging at the same speed for up to an hour at a time. you will discover the different forms of HIIT training such as Tabata, Fartlek, the Little Method, and how best to use them. What is more, you will learn how to craft and make use of your own HIIT training designs, specifically to help you achieve your exercise goals in an incredibly quick time.

whats hiit training: High Intensity Interval Training (Hiit) Stephanie Ridd, 2016-04-20 What is high intensity interval training otherwise known as HIIT for short... and can I really lose more fat following this routine? Well, to answer the first part of the question above, we can simply say that High intensity interval training is a method or approach to workout exercises that consists of different kinds of short and intense form of exercises. In fact, the methodology includes two routines that can be used ...which are the cardio workouts and strength exercises. Anyway, to answer the second part of the question, many have said that optimal fat loss should be done at a lower intensity level and at a longer duration. But, the reality with HIIT is the fact that, at a faster rate but short time, fats are being expelled from the body system with greater ease! Besides, it is also a known fact that most people assume that doing aerobics for 40-60 minutes is the proper way to burn fat efficiently. But again, I beg to object to that, as in actual fact, when you do aerobics for that long, you will be training at a lower intensity level and you will probably loose less fat! Yes, more so, after you are done ...your metabolism stays elevated for up to an hour after you finish. But with high intensity interval training, your metabolism will stay elevated for about 24 hours! Yes, if you like, that is 24 hours of fat burning process, for a short but high intensity interval training. However, before we go too far, I want to first let you in on some stats and calculations between low and high intensity exercising. Low intensity exercising is classified by having 60% to 65% of your maximum heart rate. But, with high intensity exercise you are working about 75% to 85% of your maximum heart rate. Well, I will like you to grab your copy of this book today to get all the tips of getting rid of those fats in the fastest way... yes, when you get this book High Intensity Interval Training (HIIT): The Secret Fast and Easy Way to Burn Fats and Maintain A Healthy Cardiovascular System Today! you will be exposed to the modern and effective strategies to get fats out fast and safe too!

whats hiit training: Science of HIIT Ingrid S. Clay, 2022-02-01 Train your way to a leaner, stronger body in half the time or less! Get ready to break a serious sweat with this scientific guide to HIIT training! Discover everything you need to know to achieve the best results from your HIIT workouts by understanding the muscle action needed to perfect each exercise. Inside the pages of this fitness book, you'll explore the physiology of more than 90 essential HIIT exercises! It is packed with: - Specially commissioned CGI artworks depicting all the main HIIT resistance exercises - from burpees to plank jacks and variations that add or reduce the challenge. - CGI artwork features color-coding to highlight how the muscles, ligaments and joints engage, stretch and relax to perform each exercise. - Training programs, tailored to different abilities and goals, provide suggested workouts with a progressive increase in challenges over weeks and months. - Easy-to-follow infographics help explain the hard science behind why HIIT training is so efficient, and what beneficial physical adaptations it can bring. High-intensity interval training is a fantastic way to lose weight and get strong by performing very short bursts of targeted exercise. Recent scientific research shows that HIIT is the most efficient form of exercise for raising fitness levels and increasing cardio-respiratory health. Science of HIIT reveals the facts to help you optimize the benefits of HIIT to your body and mind. The clear CGI artwork details the mechanics of each exercise, correct body posture, the muscles involved and how they engage to perform movements. You'll also learn the knowledge and tools needed to be able to create your own bespoke workouts. This HIIT guide will completely transform your performance and help you smash your goals! DK Publishing's Science of series helps readers discover the research and scientific theories behind exercise and sport. It's perfect for training at home or the gym. Other sport science books in this series include Science of Yoga and Science of Strength Training.

whats hiit training: Hiit Prosenice, 2017-12-23 HIIT: What it is and why it works Prosenice is dedicated to guiding, motivating and providing the tools necessary to transform people into the best version of themselves. Our goal is to empower men and women across the globe to realize that physical and mental fitness are not a short-term solution, but a lifetime choice, and to actualize what they have come to understand into a daily routine. Prosenice has created a fitness guide to help you better understand how high intensity interval training (HIIT) can be of great benefit to you and how you can use it to achieve your personal fitness goals, and why you may want to consider it as part of your training regimen. Do you wish to know more about High Intensity Interval Training? High intensity interval training - better known as HIIT - is one of the most effective ways to torch body fat and get into seriously awesome shape and fitness in record time. However, there's a lot of misinformation going around about HIIT that misleads a lot of people into misapplying it and then fail to reach their fitness goals; it has convinced many others to eschew it for less effective training programs. Prosenice has taken the liberty of coming up with this book that will remove the burden of having to sift through the plethora of information on the web concerning HIIT so you'll know what HIIT truly is and why it's one of the best training programs for helping you get into seriously awesome fitness and shape in record time. In this book, you will learn the essence of HIIT, why you should use it as part if not as your main physical training program, the best types of HIIT exercises, and sample workouts to help you hit the ground running. By the end of the book, you will have not just enough knowledge to start HIITing it but enough reasons to actually start doing so. The benefits of HIIT will be more than enough to motivate you to start using it as soon as possible. Prosenice is dedicated to providing accurate, easy to follow guides, such as this one on HIIT, to help you be your best self. Prosenice is firmly committed to motivating, inspiring, and educating through the sharing of objective, fact-based health and fitness information that is rooted in science. We give you the tools you need to get in great shape and build a lifetime of good health. Join us - let's work together to maximize your potential and achieve your optimal self while embracing life to the fullest! So what are you waiting for? Purchase the book now to step into the world of high intensity interval training!

whats hiit training: Science and Application of High-Intensity Interval Training Paul Laursen, Martin Buchheit, 2019-01-02 The popularity of high-intensity interval training (HIIT), which consists primarily of repeated bursts of high-intensity exercise, continues to soar because its

effectiveness and efficiency have been proven in use by both elite athletes and general fitness enthusiasts. Surprisingly, few resources have attempted to explain both the science behind the HIIT movement and its sport-specific application to athlete training. That's why *Science and Application of High-Intensity Interval Training* is a must-have resource for sport coaches, strength and conditioning professionals, personal trainers, and exercise physiologists, as well as for researchers and sport scientists who study high-intensity interval training. Authors Paul Laursen and Martin Buchheit—both well-known, expert-level HIIT researchers as well as practitioners and endurance athletes—do a masterful job of blending science-based concepts of HIIT with practical application strategies. Laursen, Buchheit, and a team of highly qualified contributors—who bring hundreds of years of combined HIIT science and application experience from across all sports—have written *Science and Application of High-Intensity Interval Training* to provide practitioners and athletes an understanding of the foundational principles of HIIT programming. Chapters in the first section describe five types of training, how to manipulate HIIT variables to maximize improvements in physical performance, and how to incorporate HIIT into a general training program. Readers will also learn the influence HIIT can have on fatigue, stress, and an athlete's overall health. The final 20 chapters each focus on a different sport and are written by leading coaches or practitioners who have successfully applied HIIT principles at an elite level in their respective sport. These chapters describe specific ways to incorporate HIIT into a training regimen for everything from combat sports to endurance events to the most popular U.S. and international individual and team sports. Each chapter also contains sport-specific preparation and competition phases, an overall one-year training program, and a brief story of how the coach or practitioner who authored the chapter used HIIT to successfully prepare an athlete for a competition. Knowing the proper ways to incorporate high-intensity interval training into a fitness or conditioning program is of vital importance: Not following proper protocols can lead to excessive and prolonged fatigue, illness, or injury. *Science and Application of High-Intensity Interval Training* is an essential guide for those who want to incorporate HIIT into their own training or their athletes' programming. Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam.

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whats hiit training: Little Lessons on Hiit Helgi Gudfinnsson, 2016-09-29 Little Lessons on HIIT presents 40 short lessons, all based on scientific literature, so that fitness professionals can gain greater insight into high intensity interval training (HIIT). With this book's specialized instruction trainers can totally prepare themselves to spread the fun and fitness of HIIT to as many people as possible, especially to those who are brand-new to exercise. The book's opening section addresses the body's physiological adaptations and responses to HIIT. That knowledge will give you the ability to adjust HIIT training variables to create different adaptations and responses in people's bodies. The second section focuses on those HIIT training variables, how the variables will affect the human body, and the particular adaptations that will result. When you have completed this section, you will be able to manipulate the variables to create exciting workouts. The final section puts all the concepts into practice. It gives a variety of engaging workout examples that you can easily tweak according to clients' experience levels, needs, and goals. Fitness professionals, to help people enjoy their fitness journeys and stay committed as well, we must offer them a variety of workouts that are stimulating and time-efficient-and that's what HIIT delivers. By reading this book, you are giving yourself the gift of deeper insight into HIIT so that you are fully equipped to lead people on rewarding fitness journeys.

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whats hiit training: High Intensity Interval Training - HIIT Dexter Poin, 2014-07-15 A reminder to all that there is an eBook version of this book as well. Both version are sold exclusively through Amazon. High Intensity Interval Training HIIT is for Dummies This is real weight loss motivation here folks. If you are someone who is looking to find your fitness and get on the road to better overall health, then this is an absolute must read before you decide to dive into any type of workout plan or program. High Intensity Interval Training, or HIIT for short sure does sound cool and exciting am I right? But is HIIT the optimal choice for everyone when it comes to finding their solution for burning off fat? This is why I wanted to write this book. I know that out in the real world where I choose to live, not everyone is healthy enough to even be contemplating adding in HIIT to their arsenal of workout tools when it comes to fat loss. There are so many factors that come into play when it comes to a persons body's ability to burn fat, that to just think that adding in a fresh new acronym to your workout routine will be like magic and make the body fat disappear is ridiculous and only setting a person up for ultimate failure. High Intensity Interval Training the FAD is just another marketing ploy that is hyped up to once again dupe the average everyday bandwagon jumper into believing that this acronym is somehow a cut above all of the rest of the other acronyms. So many people have been utilizing HIIT way before they even invented the hyped up fad, and have benefited from it tremendously. This is because these people fully understand how to utilize High Intensity into their training, and are also fit and healthy enough to reap its rewards. This is very serious business here. High Intensity anything is not something to just be taking lightly. A lot of people tend to get goo goo eyed over a cool phrase or acronym like High Intensity Interval Training and HIIT and forget what the actual meaning of it really is? Seriously, are you fit enough, to even be doing high intensity anything? Do you understand that it takes fuel in order to burn fuel, and a high intensity style of training will require you to more than likely take in more fuel than you are currently taking in. Not only that, but you must know what fuel your own body needs to thrive on, and what fuel your body will need to recover from HIGH INTENSITY WORKOUTS. So many people get fixated on a fad that they tend to overlook all of the things that it actually takes in order to make a workout routine or plan do what it is supposed to do. And that is help YOU get healthier, not break your body down. When you read something that I have written you are getting a true honest opinion based on my own experiences and views. You arent getting a 10th grade science class book report ok. I utilize HIIT or whatever you want to call it myself personally and have for decades actually. I get a tremendous benefit from it as do so many others. I said I utilize it myself. I dont make a profit pushing the fad onto others who are in no way shape or form ready to be utilizing HIIT themselves. There is a big difference here, and I hope that you fully understand what I just said. I invite you to join me on yet another conversation. If you have never joined in on a conversation with me then just prepare to not be spoon fed anything, and dont expect to read a Wikipedia copy and paste job. I look forward to conversing with you all, and I will see you on the other side! Carpe diem Dexter

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will break down what HIIT can do for you, and how you should go about implementing HIIT in your workouts. In addition, we will provide you with some great ideas for stretches. You will also find some great HIIT workouts, all which explain some of the more obscure exercises that each workout contains. No matter your fitness level, you can do HIIT. If you're starting out, it's a great way to kick your body into gear. If you're a veteran, it's a drastic change that will bring new challenges and keep your body guessing. Whether you're young, old, in-between, HIIT has something for you. This book covers: What HIIT is The benefits of HIIT Stretches you can do before your workout, both individual and full body. HIIT workouts Definitions of certain exercises It's an easy-to-read guide that will get anyone into the HIIT spirit. So check it out today, and prepare to burn calories like you've never seen before!

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