



ELITE

Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

6/5 - What's So Hot About HIIT?

What is HIIT?

As its name implies, High-intensity Interval Training (HIIT) is a method of cardiovascular training that involves alternating between bursts of vigorous exercise and recovery (lower intensity bouts, not complete rest). In contrast, Steady State Cardio (SSC) is a workout that involves continuous, steady effort. There are advantages to both methods, but our focus today is on HIIT. This form of exercise is a highly efficient means of improving your fitness level and burning body fat.

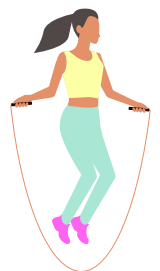
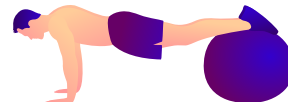


What is the best way to perform HIIT?

HIIT can be performed in different ways, with different intervals. The most effective seems to be running 30-60s sprints with 30-60s recovery periods at low intensity.

Running can be difficult on the joints. Not everyone can follow exercise programs that include running for long periods. Other methods of HIIT Training include:

- stationary bike/assault bike
- jumping rope
- battle ropes
- shuttle sprints
- pushups



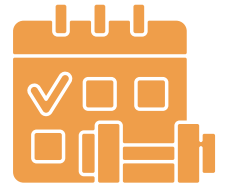
What are the benefits of HIIT?

- HIIT induces a physiological mechanism known as Excess Post-Exercise Oxygen Consumption (EPOC), also known as afterburn. EPOC is the amount of oxygen needed to return your body to a normal state (homeostasis). EPOC results in burning calories for several hours after coming to rest.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

- HIIT is superior to Steady State Cardio like jogging when it comes to fat burning. This is because your body primarily uses sugar (glucose) during the intense exercise bout and uses stored body fat during the post-exercise recovery phase.
- HIIT is very efficient. You can receive the same benefits from 15 minutes of HIIT that you receive from 30-40 minutes of Steady State Cardio. Although HIIT is more efficient and produces greater results, it is important to note that all forms of exercise provide benefits. Here are several examples:



1. Exercise increases fat metabolism.
2. Exercise reduces visceral adipose tissue, which is heavily associated with cardiovascular disease.
3. Exercise increases glucose tolerance and insulin sensitivity, which can reduce your risk of developing type 2 diabetes.
4. Exercise can help treat mild – moderate depression and anxiety by increasing the production of your “feel good” hormones (dopamine and serotonin) while simultaneously decreasing levels of “stress” hormones (cortisol and epinephrine).
5. Exercise improves quality of sleep and helps to regulate circadian rhythm.
6. Exercise reduces the risk of developing neurological disorders and diseases such as dementia and Alzheimer’s.
7. Exercise reduces the risk of developing certain cancers.
8. Exercise builds lean muscle mass.



How can you perform HIIT?

You can perform HIIT using gym equipment, various cardio formats and weighted or bodyweight exercises. You can invest in some basic equipment or just rely on your bodyweight and a few simple forms of cardio. In the gym, you can use a treadmill, elliptical trainer, row machine, stationary bike, Stairmaster, free weights, etc. Alternatively, you can run, bike, jump rope, or swim. There are numerous ways to take advantage of this training method. Here at EPT we know all the variations. Please let us advise.

How do you know which intervals to use?

There are plenty of different time intervals that can be used to perform HIIT. EPT recommends the following intervals based on overall fitness levels:



Beginner	30-60 second High Intensity / 60-90 second Low Intensity
Intermediate	30-60 second High Intensity / 30-60 second Low Intensity
Advanced	20 second High Intensity / 10 second Low Intensity



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Start off with Beginner and see how you do. After 3-4 rounds, if you are beginning to fatigue and it becomes difficult to catch your breath within the recovery window, continue to perform HIIT at the beginner level until it becomes relatively easy to complete 4-5 rounds. Then progress to Intermediate.

Recommendations

Ready to give interval training a shot? We highly recommend proper musculoskeletal and fitness evaluation prior to starting! Discuss it with an EPT trainer. Before starting any interval training workout, we will guide you through a proper warm-up to prime your body for the upcoming high-intensity activity. No matter what type of training you prefer, EPT can guide you every step of the way.



This article was contributed by Jon Kernaghan BS, CPT, CFNP. For his bio, please click <https://www.elitepersonaltrainingandfitnesssolutions.com/jon-kernaghan>

References

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