

HIIT Workout

How It Works

As you can tell from the name, high-intensity interval training (HIIT) is challenging. It takes your cardio workout to another level, as you push your pace out of your comfort zone.

You can use HIIT with any type of cardio workout, whether it's running, using a stair climbing machine, rowing, or jumping rope. You'll work up a sweat fast, working at a very intense level and then backing off for a slower recovery period, followed by another round of high intensity.

That strategy can save you time: You don't have to work out as long as you would if you were keeping a steady pace.

You'll lose weight, build muscle, and boost your metabolism. Plus there's a post-workout bonus: Your body will burn calories for about 2 hours after you exercise.

Intensity Level: High

You'll work harder than you do when you do a typical cardio workout. But you'll do it in spurts of 30 seconds to 3 minutes. Then you'll have a chance to recover for about the same amount of time or longer.

Areas It Targets

Core: No. This workout doesn't target your core.

Arms: No. This workout doesn't target your arms.

Legs: No. This workout doesn't target your legs. But cardio exercises like running and biking can strengthen your legs.

Glutes: No. This workout doesn't target your glutes. But if you do cardio exercises that work your glutes, like stair-climbing, your glutes will get a workout.

Back: No. This workout doesn't target your back.

Type

Flexibility: No. This workout doesn't focus on improving flexibility.

Aerobic: Yes. This is a powerful cardio workout.

Strength: This workout can help you build muscle. Choose weight lifting as your high-intensity activity for an extra boost in strength.

Sport: No.

Low-Impact: No. But if you work out on an elliptical trainer, it may be low-impact.

What Else Should I Know?

Good for beginners? Yes. You can start slowly with just 3-4 speed intervals, then ramp it up as you get better.

Outdoors: Yes. Run or bike outdoors. You can even try chasing your dog for each speed interval.

At home: Yes. This is a great workout to use on the treadmill or stationary bike. Or you can do weight-lifting intervals at home.

Equipment required? None, unless you plan to work out on cardio equipment like a treadmill or stair-climbing machine, or with a weight set.

Get Fit With HIIT

High-intensity Interval Training (HIIT) can help you get more bang for your exercise time. Practiced by elite athletes, HIIT also can benefit average exercisers. You can practice interval training by simply alternating short bursts (about 30 seconds) of intense activity with longer intervals (about 1 to 2 minutes) of less-intense activity.



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