

GET A KILLER CARDIO WORKOUT IN LESS TIME!

If you have been doing the same type of cardiovascular exercise for several months without changing any aspect of it, you are more than likely not seeing any major results. Steady-state exercise is great, but if this is all you are doing you might want to spice things up and get more bang for your buck. If results are what you are looking for, look no further than **High Intensity Interval Training** or **HIIT**! This type of workout helps you to burn additional calories post workout, and supercharges your metabolism and endurance in a shorter workout session! It is simply the best type of exercise to change things up and get the most out of your time.

Breaking it Down

After a HIIT workout your EPOC (Excess Postexercise Oxygen Consumption) kicks in, at which time your body continues to try to restore itself to pre-exercise levels of oxygen, body temp, and more after your workout. HIIT increase the demand on your system and it takes the body longer to get back to its normal state. Consequently, your metabolism stays elevated and you continue to burn more calories for hours after your exercise session!

With HIIT, you are interchanging between a mild to moderate movement and a burst of higher intensity that lasts anywhere from 15-30 seconds (or more) with a total workout time of 10-30 minutes. The higher your intensity, the shorter your bursts and workout session should be. How many bursts you do and how intense they are depend on a person's fitness level and experience. Just remember to find YOUR optimal intensity rather than trying to keep up with someone else. You should be pushing yourself to work "harder" or "hardest" within the intensity bursts.



A simple way to gauge your intensity is by using a scale of 1-10



An 8 or 9 is the "harder" and "hardest" levels

A 5 or 6 might be your resting intensity, a level where you feel comfortable for a longer duration.

You can utilize this strategy with anything you are doing- walking on the treadmill, running outdoors, riding a stationary bike, or using your own moves at home. Simply add a couple of "bursts" to your workout and see how you do- you can then add more as time goes on. Interval workouts can be added 1-3 times a week to amp up your exercise routine; however, take it slow and always get a doctors approval if you are new to exercise or if you have any medical issues.

The bottom line is that High Intensity Interval Training helps you to optimize your cardiovascular fitness as well as lower blood pressure, improve insulin sensitivity, reduce abdominal fat, and burn more calories post exercise. Try incorporating 1 HIIT workout per week and then gradually work up to 2 or 3 once your body adapts. HIIT can be easily modified for all fitness levels and be used with any exercise modality. That is why it is so versatile and simple to fit into any part of your day. Give it a try!

TOP HIIT BENEFITS

1. Supercharged Metabolism Post Workout
2. Shorter Workout Session
3. Burns More Calories Overall
4. Improves Blood Pressure

5. Helps with Insulin Sensitivity
6. Improves Cardiovascular Health
7. Can Be Done with any Exercise Modality

HIIT TIPS TO REMEMBER

1
Interchange between a high intensity burst and a rest period.

2
Find YOUR optimal intensity by working to your "harder" and "hardest" levels.

3
Use HIIT while walking outdoors, using cardio machines, while swimming, or with your own moves. Use it with ANY activity!

4
HIIT should be used 1-3 times a week when doing a full workout, or can be used as a quick energy boost when doing only 5 or 10 minutes.

Sample Workout

Treadmill HIIT for beginners:

3 minutes easy walk (This will be different for everyone, but normally this would be somewhere between 2.8-3.8 mph.)
1 minute high intensity burst
1 minute easy walk
1 minute high intensity burst
1 minute easy walk
30 second high intensity burst (Try a little higher than you did before for this shorter burst!)
1 minute easy walk
30 seconds high intensity burst
1 minute easy walk



Use this 10-minute workout as your exercise for the day when life gets hectic, or run through it a second time for a 20-minute calorie torcher!

Elliptical trainers, bikes, and stair climbers can also be used in the same way. Simply change the resistance and speed at which you are moving when you take it to your higher intensity. The same timing can be used or you can play around with something different such as 30 seconds/15 seconds splits, 20 seconds/10 seconds splits, or 2 minutes/1 minute splits.

Enjoy your HIIT workouts!

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