

# HEALTHY HINTS

Just for the HEALTH of it!™

## WEEK SIX Exercise: HIIT training

High Intensity Interval Training or HIIT workouts have been proven to boost endurance, increase metabolism regulate insulin levels, and help build and tone muscles all while helping you burn fat!

### So what is HIIT training?

HIIT training requires maximum effort for short periods of time usually between 20-90 seconds followed by a recovery period. Now you may be thinking 20 seconds is going to help me lose weight and get shredded, what? The key is the intensity, most people do not work out at the level of intensity required of HIIT to get the benefits. So for the "on" portion of HIIT you need to pushing yourself to breathlessness or max on a 0-10 scale you should be at 9-10 for those 20-90 seconds. Think saving your child from getting hit by a car, being chased by a bear ect ...ALL OUT for 20 -90 seconds! (Gold, 2017).

### Examples of HIIT workouts to get you started!

<b>Bike: total time: 12 min</b>	<b>Body weight HIIT Time: 10 min</b>	<b>Running: Time: 15 minutes</b>	<b>Strength HIIT Time 15 min</b>
Warm up 5 min All out sprint 20 sec Slow ride 2 min All out sprint 20 sec Slow ride 2 min All out sprint 20 sec Cool down 2-10 min  *You can use this same format for any type of cardio. If you aren't a biker, run, swim, do an elliptical	20 sec all out follow by 10 seconds rest for each exercise for 3 rounds.  Punch: jab, cross, front (Right)  Punch: jab, cross, front (Left)  Jumping Jacks  Air Squats  <a href="http://dailyburn.com/life/db/hiit-workouts-for-beginners/">http://dailyburn.com/life/db/hiit-workouts-for-beginners/</a>	Warm up 5 min Sprint 30 sec Rest 30 sec Sprint 30 sec Rest 30 sec Sprint 30 sec Rest 30 sec Sprint 30 sec Rest 30 sec Sprint 30 Cool down 5 min  *Sprinting is all out!	- Air squats + jump at the end – 12 reps - Push ups -12 reps - Burpee – 12 rep - Mountain climbers – 12 reps - Lateral jumps – 12 reps  *Do as many as possible in 15 min, rest when needed.  <a href="http://greatist.com/move/timed-hiit-workout">http://greatist.com/move/timed-hiit-workout</a>