



PILATES 1901

tschool

HIIT WORKOUTS EXPLAINED

HIIT Plans are considered one of the most effective workouts for burning maximum in CALORIES in minimal time. You can get all the benefits of this type of exercise from home by learning the basic of how it works and designing your own routine. Because it's so high intensity it's vital to take rest days to avoid injury.

WHAT IS HIIT?

High Intensity Interval Training. It uses intervals of high and medium intensity exercises so your muscles demand more oxygen, which maximizes calorie burn. By optimizing your oxygen intake you PRESERVE MUSCLE, BUILD LEAN MUSCLE MASS and BURN MORE CALORIES during & after working out!



HIIT
REDEFINE POWER.
REDEFINE YOU.

BENEFITS OF HIIT TRAINING

- Quick but highly effective. Researching shows 27 of HIIT 3x/week is equal to 60 minutes of jogging 5x a week.
- Burns more calories and fat than traditional cardio for a full 24 hours by putting your body into "AFTERBURN" where it requires more oxygen (and thus more calories) for recovery!
- Can be done at home or anywhere without any equipment by using Plyometric exercises
- No Skinny-Fat syndrome! HIIT workouts PRESERVE MUSCLE while burning fat to give you the best results possible.
- You can INCORPORATE STRENGTH TRAINING into rest periods to get even better results and make the most of your time.

SAMPLE HIIT WORKOUTS

These workouts provide examples of how timing and activity change the focus and results of your high intensity workouts. Give your body a chance to get used to the new demand to avoid injury and remember that one of the awesome benefits of HIIT is shorter workouts! Always warm up 3-5 minutes and cool down for the same. Stretching is best done after your HIIT workout.

HIIT Workout	Work / Rest Intervals	Sets	Total Duration	Benefits
Tabata	20 sec. / 10 sec.	8	4 min.	One of the most popular styles of HIIT that improves conditioning and burns an elevated amount of Calories in only 4 minutes of work.
Sprint	30 sec. / 4 min.	4-6	18-27 min.	Although the rest interval is eight times as long as the work interval, it is one of the most challenges HIIT workouts, as it calls for a max-effort Sprint.
Short Sprint	8 sec. / 12 sec.	60	20 min.	A less demanding HIIT workout that's been proven effective for conditioning and fat loss.
One-to-One	30 sec. / 30 sec.	10	10 min.	The One-to-One HIIT workout is easy to perform and can be quickly adapted to your fitness by either increasing the work or decreasing the rest.
Tempo Runs	40-Yard Sprint/ Walk back to start	MAX	10 min.	Tempo Runs involve an 80-percent run and is one of the most effective ways to improve your conditioning.

{Monday}

30-second plank (right)
30-second plank (left)
30-second plank (center)
10 lunges each side (2 sets)
10 burpees

{Wednesday}

10 lunges each side (2 sets)
60-second plank
30 crunches
10 push-ups (2 sets)
30 bicycles

{Friday}

20 burpees
10 push-ups
10 lunges each side
30 bicycles
60-second plank

{Tuesday}

10 push-ups
30 crunches (2 sets)
10 burpees
30-second plank
10 lunges each side

{Thursday}

10 push-ups
30 bicycles
10 burpees
60-second plank
10 lunges
(repeat the series)

{Saturday}

5 lunges each side
10 push-ups
10 burpees
(repeat the series 3x)

treadmill (27 MINUTES)

	Time in minutes	OTF pace	Target heart rate % max	Speed, joggers in mph	Speed, runners in mph
BLOCK 1	3	warmup	61 to 70	4 (brisk walk)	5 (light jog)
	2	base	71 to 83	4.5 to 5.5	5.5 or faster
	3	push	84 to 91	5.5 to 7.5	6.5 or faster
	2	base	71 to 83	4.5 to 5.5	5.5 or faster
BLOCK 2	1	all-out*	84 to 100	6.5 or faster	7.5 or faster
	1	walk		3 to 4	3 to 4
	1	base	71 to 83	4.5 to 5.5	5.5 or faster
	2	push	84 to 91	5.5 to 7.5	6.5 or faster
BLOCK 3	1	base	71 to 83	4.5 to 5.5	5.5 or faster
	1	all-out	84 to 100	6.5 or faster	7.5 or faster
	1	walk		3 to 4	3 to 4
	1	all-out	84 to 100	6.5 or faster	7.5 or faster
BLOCK 3	1	all-out	84 to 100	6.5 or faster	7.5 or faster
	1	walk		3 to 4	3 to 4
	1	all-out	84 to 100	6.5 or faster	7.5 or faster
	1	walk		3 to 4	3 to 4

*Your all-out pace should be so challenging that it completely empties your tank and you have to walk afterward. Adjust these estimates as needed.