



Understanding HIIT Training

Have you heard about HIIT? It's an ever-growing fitness trend that has become incredibly popular in recent years. So, what is it and more importantly, does it work?

What is HIIT?

High Intensity Interval Training (HIIT) is a training technique that has you push yourself in an all-out effort, followed by a short and sometimes active recovery period. This sequence is then repeated for multiple intervals.

Does HIIT Work?

Absolutely. Research has repeatedly shown that HIIT gets results. Whether your goal is weight loss or increasing your cardiovascular fitness, this type of training is sure to help you on your way.

HIIT puts a large stress on your cardiovascular system and increases your body's need for oxygen during the effort phase, creating an oxygen shortage. This shortage tries to replenish itself during the recovery phase, however due to the short nature of the recovery the system doesn't have time to recover fully before the next interval. This after-burn effect is known as Excess Post-Exercise Oxygen Consumption (EPOC), and it's the reason that this style of training is so effective at burning calories and fat.

Want to Try HIIT For Yourself?

HIIT is quick, requires little to no equipment, and is great at elevating your metabolism for hours after you have finished your workout (which means you will keep burning fat for longer). If you want to give it a go for yourself, try the workout below:

Exercise Right's 30 Minute HIIT Workout

- Push-ups x 1 min
- Squats x 1 min
- Dips x 1 min
- Mountain Climbers x 1 min
- Bridge Hold x 1 min

Do as many repetitions of the above exercises as you can in one minute, then move straight onto the next exercise with little or no break. After completing all five exercises, have a one minute break and repeat 3 to 4 times. This workout will take less than 30 minutes, however will hit all muscle groups and have your heart rate soaring!



Do you want to Exercise Right? Talk to an Accredited Exercise Physiologist (AEP) today. An AEP is a university qualified health professional that specialises in the prescription of exercise for the prevention and management of chronic diseases and injuries.

Head to essa.org.au for more information.