

HIIT - High Intensity Interval Training Explained

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Watch video HIIT is a combination of brief, very-high intensity bursts of cardio exercise followed by equal or longer periods of rest. Think 30 seconds to a minute .

HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by .

May 07, High Intensity Interval Training (HIIT) is now widely acknowledged to be the single most advantageous form of exercise for a wide range of fitness goals. When compared side by side to other forms of cardiovascular training, HIIT repeatedly comes out on top/5. If you are involved in some sort of training in the gym you must have heard of the term HIIT, most commonly used to refer to a type of cardio. You may hear people saying that they will be performing 10 minutes of HIIT on the stepper or treadmill for example.

Eight subjects completed six high-intensity interval exercise sessions over a two-week period. Each session consisted of 10 x second intervals on a leg cycle ergometer, at 90% maximal heart rate and with rest intervals. High Intensity Interval Training (HIIT) High Intensity Interval Training (HIIT) is a technique that was initially developed in the 70's by German coach and university professor Woldemar Gerschler and the Swedish physiologist Per-Olof Astrand. It was used to great success by several high-profile athletes and quickly became the global standard for cardio training. So, HIIT is composed of two parts: high intensity and interval training. High Intensity. With high intensity workouts, youre fatiguing your muscles and increasing oxygen use. Muscles are working harder, which requires more oxygen. By pushing your body to such a high intensity, it continues to use more oxygen even when youre done working out.

Seriously, don't skip this article because once you learn this simple trick, you'll Lose Weight Success Stories Full Range No-nonsense Approach.

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