



H.I.I.T. High Intensity Interval Training

HIIT is a form of exercise alternating between a high, intense, quick anaerobic exercise and a less intensive exercise during the recovery period (rest). A combination of high intensity and interval training.

Keep in mind that form and function trumps intensity. If you are a beginner, start with a walking, a bike, or running/jogging.

Using the BIKE in HIIT is a great way for ALL fitness levels. Low impact. Here's a sample Bike HIIT:

- Warm-up for 5-10 minutes at a steady pace with control.
- Work for 20 seconds flat out
- Rest for 10 seconds barely pedaling (keep moving)
- (repeat up to 8x)
- Cool down 5-10 minutes

HIIT TABATA

- | | | | | |
|-------------------|-------------|--|-------------|--------|
| Warm-up | 3-5 minute | WARM-UP (walk, jumping jacks, air jumping ropes) | | |
| Work | 20 seconds | RUN | FAST WALK | SPRINT |
| Rest | 10 seconds | JOG | CASUAL WALK | WALK |
| (Repeat up to 8x) | | (REPEAT up to 8x) | | |
| Cool down | 3-5 minutes | COOL DOWN (Walk) | | |

TABATA-inspired Workout

Remember to warm-up and cool down to prevent injury.

	1st exercise	2nd exercise
Tabata 1	Squat Jumps	Lunge Jumps
Tabata 2	Burpees	Mountain Climbers
Tabata 3	Lateral Skaters	Knee Tucks
Tabata 4	Prisoner Jacks	Sprints

After your warm-up, start your GYM BOSS Timer (app you can download). Choose Tabata. Start with squat jumps 20 seconds, rest 10 seconds, lunge jumps 20 seconds, rest 10 seconds. Repeat up to 8x. Then move to the next group with a 1 minute rest in between each tabata group. Burpees 20 seconds, rest 10 seconds, mountain climbers 20 seconds, rest 10 seconds. Repeat up to 8x. The move to the next group with a 1 minutes rest in between each tabata group. Continue through the rest of the exercises. Total time will be 16-25 minutes depending on warm-up and cool down. If you are doing this as an exclamation to your workout, then no warm-up is necessary.

REMINDER: Go slow and with caution until you understand the concept. Safety first!

OTHER HIIT PROTOCOLS

Rules for HIIT is to go ALL OUT!!! Do not do this when feeling fatigued. Choose your exercise (i.e., sprints, bike, treadmill, elliptical, running, walking, etc.). Perform each set up to 8x. Do not exceed a total of 30 minutes. If you lose intensity, your HIIT is complete!

HIIT PROTOCOL	WORK	REST
Beginner	30 seconds	60 seconds
Intermediate	30 seconds	15 seconds
Advance	40 seconds	20 seconds
Tabata	20 seconds	10 seconds

GIBALA PROTOCOL (This works great with sprints and the bike)

Warm-up 2 minutes
Work 20 seconds
Rest 2 minutes
(Repeat 3x)
Cool down 3 minutes

Please share your thoughts.

Join us at [facebook.com/groups/thewomenofimpact](https://www.facebook.com/groups/thewomenofimpact)

REMINDER: Always consult your physician or medical provider before beginning any fitness or nutrition program.