



Everywhere we look right now, someone is talking about HIT training, it's the way of working out that's grabbed everyone's attention.

Today i'm here to give you the low down on HIIT training and why it's so important especially if you are busy and time poor.

HIIT or high-intensity interval training is a training technique in which you give all-out 100% effort through quick, intense bursts of exercise, followed by short, sometimes active recovery periods.

This type of training gets and keeps the heart rate up and burns more fat in less time.

I'll be honest with you; it is essential that you put in 80-90% effort for the workout time and then rest for the recommended time. Giving a half ass effort will not get you the results that you are looking for.

OK so let's get down to business...

Why HIIT?

- BURN MORE FAT

The high exertion your body goes through fires up its repair cycle. This keeps your body burning calories long after your workout is complete.

- INCREASE STAMINA

When you push your limits, you'll be able to go longer and harder later on. Get in this anaerobic zone!

- LOSE WEIGHT, KEEP MUSCLE

When HIIT is mixed with strength training, you maintain the muscles and lose fat!

- REVVED UP METABOLISM

HIIT stimulates production of your human growth hormone (HGH), which gives your calorie burn a swift kick into HIGH gear.

- SHORTER WORKOUTS

HIIT is short and sweet, but extremely effective, challenging and of course the results are undeniable.

- ZERO BOREDOM

You're constantly changing intensity which makes this workout anything but boring



Let me give you an example:

Set a gymboss or stopwatch for 20 minutes.

Complete this basic workout:

Kettlebell Squats/Bodyweight squats x 10

Press ups x 10

Kettlebell Lunges/Bodyweight lunges x 6 each leg

Kettlebell/Dumbbell shoulder press x 10 each side

Then after completing the above do this immediately....

If in a gym hit the rowing Machine for 500m all out in the fastest time or 1 minute all-out run-on treadmill OR if outside set a distance of 100m and sprint it all out.

Rest for 1 - 2 minutes and complete as many rounds as you can in 20 minutes.

Over time look at reducing rest times and beating your previous effort, so if you manage 3 rounds next time target 4 in 20 minutes, if the weights become light, then over time slowly increase them so that the workout continues to challenge you.

This is how you'll know progression is being made.

First of all, a workout like this produces something called excess post oxygen consumption (EPOC).

I appreciate it's a bit of a mouthful, it's also known as the 'afterburn'.

As I mentioned earlier, this means that on the back of just one 20-minute workout, your body will have a higher metabolism for 24+ hours afterwards.

It's easy to stick to.

The thought of smashing through a 20-minute-high intensity workout is much more appealing sometimes than doing a steady state 45 - 60-minute run. When time is against you, it's perfect.

This type of training improves something known as your VO2 max.

Without getting all fancy schmancy or technical in your face, VO2 max is basically a numerical measurement of your body's ability to consume oxygen.

So, the higher this number is, the more oxygen your body can take in and therefore can be passed around your body to feed your muscles enabling you to run faster, exercise hard and lift heavier etc.

So right now, your commitment to yourself should be as follows.

To commit to 3 short 20 minute workouts per week without fail.

Do this consistently for 4 - 6 weeks, dial your nutrition in to support your training and you'll see some massive changes not just in your fitness but in your body shape as well.

This is all that I ask of my online clients.

A very simple approach to food & training without any confusion.