



## HIIT Training

Workouts that rev your metabolism long after you leave the gym are key to fat loss. It takes oxygen and energy calories for your body to return to resting after exercise, the excess post exercise oxygen consumption (EPOC), or the after-burn. The more time you spend at a high intensity, the greater the effect.

**Your Goal:** Intervals training that takes you to at least 85 percent of your maximum heart rate, hitting the EPOC sweet spot. That will translate to up to 15 extra calories torched for every 100 used during exercise. Train 5 to 6 sessions a week of HIIT training. Feel free to add time or additional sets to burn more calories.

## HIIT Workout

Power intervals are a type of High Intensity Interval Training that uses 90/30 second intervals. The unusually short recovery interval keeps your heart rate elevated, and is great for increasing endurance & losing weight.

Workout: Cardio equipment of your choice, repeat 5 times (10 minutes total)  
-90 seconds sprint  
-30 seconds easy

## Treadmill HIIT Workout

A HIIT treadmill workout will help you burn calories, build endurance, and strengthen your leg muscles in fifteen minutes or less.

**5 minutes:** Warm up with a light jog.  
*30 seconds Sprint at maximum throttle*  
*30 seconds walk*  
*Repeat 10 10 times*  
**5 minutes:** Cool down with a light jog.

## Tabata HIIT Workout

One round of Tabata is intervals of 20 seconds rest + 10 seconds work, repeated 8 times (4 minutes total). Do each of the following in Tabata intervals. 4 minutes each, a 16 minute workout total:

- Burpees
- Diamond push ups
- Mountain climbers
- Box jumps

### **Hill Climb HIIT Workout**

Do this either on a very large, steep hill, or a large flight of stairs (at least 5 stories). After each uphill sprint, the walk down to the bottom of the hill is your rest period

- 45 seconds uphill sprint
- 30 seconds uphill sprint
- 15 seconds uphill sprint
- 30 seconds uphill sprint
- 45 seconds uphill sprint
- Repeat twice

### **Runners HIIT Workout**

This workout uses running, sprints, and strength exercises to give you an intense, full-body workout.

- 1 mile run, 75% effort
- 50 mountain climbers
- 1 minute sprint
- 50 walking lunges
- 1 minute: sprint
- 50 push ups
- 1 mile run, 75% effort