



GET READY TO SWEAT

HIGH INTENSITY INTERVAL TRAINING

LIKE NEVER BEFORE

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WHAT ON EARTH

IS HIIT?

High Intensity Interval Training (HIIT) is the concept where you perform a short burst of high-intensity exercise followed by a brief low-intensity activity, repeatedly. You can do this for a predetermined period of time, or until too exhausted to continue. There isn't a standard HIIT session duration, but these intense workouts typically last less than 30 minutes, with times varying based on your current fitness level. You could do it for 5 minutes, you could do it for an hour.

Don't do it for an hour though. The whole point of it is **HIGH INTENSITY**- how intensely do you think you'll be working after 60 minutes of sprinting your heart (and probably breakfast) out?

HIIT has many benefits, the foremost of which is fat loss. The reason it's such a great fat loss method is because of something called EPOC (Excessive Post-Exercise Oxygen Consumption) which is a fancy way of saying your body panics due to the intense workload and your metabolism is boosted for anywhere from 8-24 hours following your workout, triggering higher calorie burn, triggering more fat loss.

Just like with everything else though, this will not allow you to eat whatever you want whenever you want, if you shove thousands of extra calories in every day, no amount of HIIT will save you!



HIIT can get you

HENCH

IT'S TRUE!

HIIT WORKOUTS HAVE BEEN PROVEN BY THE SCIENCE GUYS TO INCREASE YOUR BODY'S NATURAL OUTPUT OF TESTOSTERONE - THE MUSCLE BUILDING HORMONE.

ALONGSIDE THIS, HIIT CAUSES AN INCREASE IN SOMETHING CALLED "MYOFIBRILLAR NUCLEI" WHICH IS A POSH LATIN WAY OF SAYING THE BITS IN YOUR MUSCLE CELLS THAT ALLOW GROWTH.

AND AS IF THAT WASN'T ENOUGH, HIIT ALSO CAUSES AN INCREASE IN SOMETHING KNOWN AS "GLUT4".

AS ALWAYS I'LL TRY NOT TO BORE YOU WITH TOO MUCH SCIENCE BUT GLUT4 IS A PROTEIN FOUND IN YOUR MUSCLES AND BODY FAT KNOWN AS A GLUCOSE TRANSPORTER. GLUCOSE IS SCIENCE FOR SUGAR. YOUR MUSCLES NEED THIS SUGAR TO GROW. MORE GLUT4 = MORE MUSCLE GROWTH.

ISN'T SCIENCE FUN....

So you want to try HIIT...

WHICH EXERCISE?



Theoretically, the benefits of HIIT are universal to any exercise. However, as is usually the case, the theory and the reality are a world apart. You would have to work at a dangerous speed doing bicep curls for HIIT and I would not recommend it as it's a relatively small muscle and wouldn't have nearly the same energy output as other movements.

People typically employ cardio work such as bikes, treadmills, cross trainers or even some insane people like to run outdoors. I know, madness.

Whatever you do, try and make sure it is a large movement involving many muscle groups. Intensity does not have to mean speed, could just mean resistance. Deadlifts and squats are a prime example of this.

NOW YOU TRY



Congratulations, you read a bit about HIIT. Now go and do it. Kind of harsh to say, but too many people do too much thinking and not enough doing.

You could spend all day learning about the various scientific evidence supporting HIIT, you could read every peer review and contradicting piece of evidence there is. You can get your honorary internet degree in being a know-it-all and be in exactly the same shape you are now. The beauty of the internet is people like me have already done the research, so just trust that we know what we're talking about and be safe in our knowledge.

Knowing is only half of the battle so I'm going to lay out some workouts for you to try. These are only examples, as I've stated in the past, this is free information and I'm not going to do ALL of the work for you!



Situate yourself on a cardio machine of your choice, Spin bikes work well for this one. Pedal/run/move at a steady pace for one minute, then sprint as fast as you possibly can for 30 seconds then slow back down to a comfortable steady pace for another minute. Repeat this for 6-10 cycles and then ready for at least 5 minutes.

Select a heavy compound exercise that involves your legs and/or back muscles (e.g. Deadlifts or Squats) Load up the bar with around 40% of your One Rep Max and perform 10-15 reps. As soon as you complete the set, rest for no longer than 90 seconds and repeat. This cycle can be done as many times as you like but I would highly recommend doing no more than 6-8 sets as your intensity will be severely diminished.



This is great because you can do it in your Home, Hotel or even Boss's Office if you're brave enough. Stack together a few body weight exercises, for the sake of argument let's use Squats, Push Ups, Lunges and the dreaded Burpees. I always advise beginning with the most difficult movement, so start with Burpees. Set a timer for 30 second intervals and get to it. 30 seconds work/rest. 8 rounds.

Ever see that guy in the gym taking up all the equipment, bouncing from machine to machine? He's probably doing something like this. Start with a heavy compound movement like a squat/deadlift, do 8-12 reps, rest 20 seconds, then immediately go all the way across the gym and start sprinting on a bike for 30 seconds, then something like a chest press for 8-12, then back to the start. Repeat enough cycles to annoy everybody else in the gym.





REMEMBER,
ALL OF THE
ABOVE IS JUST
MY TAKE ON
THINGS.

DO A BIT OF IT
OR DON'T DO
ANY AT ALL.

IT'S YOUR LIFE!

Healthy regards,
always -

Josh