

# HIIT Workouts explained

Part of this course is about educating you with all things health and fitness related. This week we are going to look at HIIT Workouts, something I'm sure you have heard of already....

"High-Intensity Interval Training" or HIIT as it is generally referred to describes any workout that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest.

HIIT is the ideal workout for a busy schedule—whether you want to squeeze in a workout during your lunch break or to get in shape for a fast-approaching event. Research shows you can achieve



more progress in a mere 15 minutes of interval training (done three times a week) than the person jogging on the treadmill for an hour.

***There are even more benefits - you're going to love this bit...***

While you're doing a HIIT workout, you're burning about the same amount of calories as you would during a typical workout like running.

However, ***AFTER you finish*** a HIIT session, you continue to burn calories at a higher rate than you would when

running and you continue to burn calories for longer as well!

This phenomenon of burning calories after you stop exercising is called excess post-exercise oxygen consumption (EPOC), which occurs when your body burns calories whilst repairing the wear and tear caused from an intense workout.

Since HIIT burns more calories because of EPOC, it can be a more convenient way to help you lose weight, as you don't have to spend as much time working out.

A [2019 review](#) in The British Journal of Sports Medicine analysed 77 scientific studies and found that people who did HIIT workouts ***lost 28.5% more fat*** than people who did a moderately-intense continuous exercise.

***It gets better...***

HIIT workouts can have many lasting overall health impacts. For example, they can help lower your blood pressure and blood sugar, both of which are risk factors for heart disease.

A 2017 study followed 39 men aged between 56 to 67 who performed a HIIT workout five days a week for six weeks. At the end of the study, the group had "*clinically relevant improvements in blood pressure*"

## *Finally...*

In addition to burning and using up of fat and calories, HIIT workouts also promote muscle building. As such it can be a very effective way of developing lean muscle.



HIIT workouts are actually better at building and maintaining muscle mass while losing fat than regular sustained steady-state workouts. This is because prolonged exercise results in muscles being burned up and used by the body as fuel instead of being developed and built.

If you put 100% effort in during the session, you will be burning calories for up to 36hrs **AFTER** you finish!