

High-intensity interval training (HIIT)

High-intensity interval training (HIIT) is a type of exercise routine that involves short bursts of intense activity followed by brief recovery periods or periods of lower-intensity exercise.

You can structure a HIIT workout using any cardiovascular exercise such as sprinting, biking, jumping, or rowing. HIIT programs can also feature resistance training exercises such as squats, lunges, or pushups—just be sure to keep your pace up during bursts of high intensity. During recovery or lower-intensity periods, reduce your pace or intensity while still moving your body. Achieve this by slowing your sprint to a jog, walking, reducing your biking speed to an easy pace, or simply stepping side to side.



Health benefits of HIIT

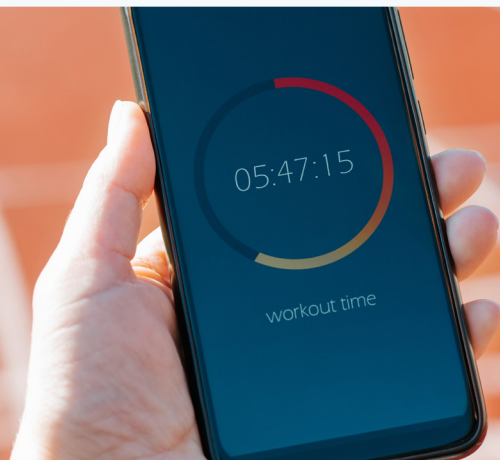
- Enhances cognitive function
- Improves fasting blood glucose (sugar)
- Improves mental well-being (e.g., stress, depression)
- Improves triglyceride levels (type of fat in the blood)
- Reduces body fat mass
- Reduces high blood pressure
- Reduces risk of cardiovascular (heart) disease
- Reduces waist circumference (excess weight in the midsection)

Planning a HIIT workout

1. Include a five- to ten-minute warm-up using low-intensity aerobic movements before your workout.
1. Determine the length of your workout routine (e.g., 30 minutes).
2. Determine your work and rest time intervals (e.g., 45 seconds high-intensity, 15 seconds rest or low-intensity).
3. Plan the types of exercises you'll be performing.
4. Decide how many times you'll complete the circuit of exercises (e.g., completing a circuit of five exercises six times).
5. Consider the types of equipment you'll need (if applicable).
6. Cool down for five to ten minutes after your workout by performing a low-intensity exercise such as walking or performing some dynamic stretches such as arm circles or lunges.

Tip

Consider using the timer on your phone or downloading an interval timer app to help you stay on track with your HIIT workout.



HIIT circuit workout template

Use the following template to create a HIIT circuit workout.

Total exercise duration: _____ minutes

High-intensity time: _____ seconds

Rest or low-intensity time: _____ seconds

Repeat cycle: _____ times

Exercise		Equipment needed
Exercise 1	Example High-intensity 1: Jumping jacks Low-intensity/rest 1: March in place	N/A
5-minute warm-up		
Exercise 1	High-intensity exercise: Low-intensity/rest exercise:	
Exercise 2	High-intensity exercise: Low-intensity/rest exercise:	
Exercise 3	High-intensity exercise: Low-intensity/rest exercise:	
Exercise 4	High-intensity exercise: Low-intensity/rest exercise:	
Exercise 5	High-intensity exercise: Low-intensity/rest exercise:	
Exercise 6	High-intensity exercise: Low-intensity/rest exercise:	
Exercise 7	High-intensity exercise: Low-intensity/rest exercise:	
Exercise 8	High-intensity exercise: Low-intensity/rest exercise:	
5-minute cool-down		

Always speak to your healthcare provider before beginning a new exercise routine.

HIIT apps

- HIIT Workouts [App Store](#), [Google Play](#)
- Interval Timer – HIIT Training [App Store](#), [Google Play](#)
- Seconds Pro Interval Timer [App Store](#), [Google Play](#)

References

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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.

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