




Can You Overdo HIIT?

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WORKSHOP OBJECTIVES


- Are You Overdoing HIIT
 - ACSM Guidelines
 - The Science Behind a HIIT
 - Why We Love HIIT
 - Effects of Too Much HIIT
 - Application
 - MASHUP: VIIT the new HIIT



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American College of Sports Medicine Guidelines for Exercise (ACSM)


- Cardio
 - Moderate-intensity Aerobic Zone
 - **High-intensity Anaerobic Zone**
- Muscle Strengthening
 - Working all muscle groups
- Flexibility
- Balance



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What's the Science?


- Recruiting fast twitch muscle fibers (Type II Fibers)
- High demand on the energy systems
- Optimal zone: 85- 90% maximum heart rate
- **Short** bouts of energy use
- Stimulates a high production of HGH (human growth hormone)
- After a “true” HIIT the body refuels with oxygen to return to its normal state



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BENEFITS OF HIIT TRAINING


- Increases VO2 Max (oxygen consumption)
- Benefits endurance training in a “SHORT” timeframe
- Can reduce abdominal & visceral fat
- EPOC effect (excess post oxygen consumption)
- Improves aerobic & anaerobic performance
- Muscle definition is improved
- Improves heart health (stroke volume) – superior in controlling blood pressure



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HOW PEOPLE OVERDO HIIT


- Rely on it for muscle growth
- Train too often
- Train too long
- Work to rest ratios/not enough recovery time
- Don't allow a recovery period



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WHAT HAPPENS WHEN YOU DO TOO MUCH HIIT


- Metabolism is negatively affected
- The stress hormones are negatively affected
- Digestive issues
- More prone to injury
- Joint pain
- Sleep disturbances



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HIIT Application


- Consider duration, intensity and work to rest ratios (oxygen deprivation)
- Most well known protocol: Tabata timing (20/10s – 8 rounds)
- 1:1 Work to rest ratios
- Subjective indicators: feels hard to very hard, breathless, difficulty speaking after interval
- Build into 60 minute or 45 minutes workouts
- No more than 20 – 30 minutes of HIIT training
- Two to three days a week/never consecutive



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HIIT Examples – Keep it simple!

- Sprint Starters
- Football Drill/Sprawls
- Lateral Hops
- Lateral Hustle Jump
- Sprinting Up and Back (High Knee)
- Slammer Jump
- Jumping Lunges (lots of variations)
- Burpee Star Jack (lots of variations)
- Broad Jumps
- Mogul Jumps
- Heel Click Jumps
- Star Jumps/Power Jumps



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FUN | QUICK | TOTAL FITNESS




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VIIT the new HIIT!

- VIIT uses both aerobic (Type 1) and anaerobic (Type 2) muscle fibers.
- The body's tolerance threshold increases
- VIIT stimulates the nervous, cardiovascular & respiratory systems significantly
- VIIT increases aerobic capacity (VO2 max)
- Variability in intensity levels within one workout
- The body works at higher levels: efficient and effective exercise



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An Exercise Program that Includes the Following:

- High-intensity Interval Training (HIIT)
- Medium Intensity (Strength Building)
- Low-intensity (Mind/Body)

Variable Quality & Quantity of Movement for Better Results
Fitness & Health Benefits

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THREE Workouts In
One In Less Time:

**MIND BODY
AGILITY &
STRENGTH
HIIT**



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QUICK



- THREE Workouts in ONE class
- Choices: 15, 30, or 45-minute Workout
- HIIT w/ Active Recovery Periods (sustainability)
- No choreography: music cues
- No Time Wasted: Variable-Intensity Interval Training (VIIT)

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CERTIFICATION

- .7ACE/11AFAA CECs/1.1 NASM
- Manual with sample workouts and over several hundred exercise ideas
- THREE templates/three formats
- THREE cued playlists downloads
- Current Cost: Live \$219, Virtual \$159
- Next virtual certification: July 31, 2022



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**QUESTIONS
&
SHARING!**



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READY TO SWEAT?

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TEMPO Drink 1/2 your Body Weight in H2O

AS <small>ALL SURVIVORS</small>	1 Hack Squat Walk Forward/Back
	2 Push-up Push Back
	3 Side Lunge Rotation (R, L, Alt.)
	4 Chest Pull Scissor Kicks
	5 Reverse Lunge w/ Pulldown
H <small>HIGH METABOLIC TRAINING</small>	1 Standing Mountain Climber
	2 180 Degree Squat Jump Turn
	3 Speed Skate
	4 Burpee
	5 Shuttle Run
M <small>MIND YOUR FORM</small>	1 Crescent Lunge to Warrior 3 (R, L, Alt.)
	2 Bicycle Abs
	3 Sumo Oblique Crunch
	4 Thread the Needle (R, L, Alt.)
	5 Oblique Hamstrings

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Resources

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