

THE HIIT PRESCRIPTION

HIIT - WHAT IS IT?

Short, intense bursts of effort followed by periods of recovery. It's the intervals that allow you to keep reaching your max effort training zone.

High-Intensity Interval Training



WHY SHOULD I DO IT?

9%

MORE FAT LOSS THAN YOUR
STANDARD AEROBIC OR
"STEADY STATE" TRAINING.

17%

MORE EFFECTIVE THAN YOUR
STANDARD AEROBIC OR
"STEADY STATE" TRAINING.

30 MINUTES

IS ALL IT TAKES
TO GET
FITTER FASTER

Burn calories for hours after your workout

WHAT'S THE DOSAGE?

Recommended on top of some base fitness and alongside other moderate-intensity resistance and cardio training.

Caution: awesome results will follow

REPLACE AN
HOUR A WEEK OF
YOUR NORMAL
TRAINING
ROUTINE
WITH 1-2 HIIT
SESSIONS.

