



High-intensity interval training

Swipe →

01

HIIT involves exercises performed in repeated quick bursts at maximum or near maximal effort with periods of rest or low activity between bouts.

02

**The method thereby
relies on "the anaerobic
energy releasing
system almost
maximally".**

03

Depending on one's level of cardiovascular development, the moderate-level intensity can be as slow as walking.

04

A version of HIIT is based on a 1996 study by Ritsumeikan University Professor Izumi Tabata (田畑泉) et al.

05

HIIT can result in modest reductions of subcutaneous fat in young and healthy individuals, but greater reductions for overweight individuals.

06

The American College of Sports Medicine suggests consulting one's doctor before starting a HIIT regimen, particularly if there is a history of coronary heart disease.

Found this useful?

Follow for more, and save this post.

By Wikipedia contributors · https://en.wikipedia.org/wiki/High-intensity_interval_training · CC BY-SA 4.0 <https://creativecommons.org/licenses/by-sa/4.0/> · adapted · <https://en.wikipedia.org/w/index.php?oldid=1380343099>