

## 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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# **MASHUP®**

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 maship
- The body works at higher levels: efficient and effective exercise

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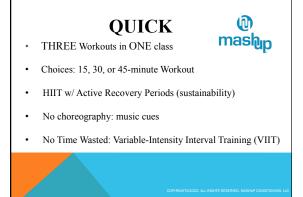
An Exercise Program that Includes the Following:

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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