



2022

HIIT PROGRAM



GUAZO FITNESS +



WHAT IS HIIT?

A HIIT workout consists of short bouts of intense work lasting anywhere from 10 to 60 seconds, followed immediately by a period of active recovery of the same length or longer.

This cycle of hard work and recovery is repeated anywhere from 3 to 10 times, depending on the workout.

Positive physiological benefits from HIIT include heightened post-exercise metabolism, improved body composition, and improved fasting blood glucose and insulin sensitivity



HIIT TRAINING

BENEFITS

1. HIIT can burn a lot of calories in a short amount of time
2. Your metabolic rate is higher for hours after HIIT exercise
3. HIIT can help you lose fat
4. You might gain muscle using HIIT
5. HIIT can improve oxygen consumption
6. HIIT can reduce heart rate and blood pressure
7. HIIT can reduce blood sugar
8. HIIT improves aerobic and anaerobic performance



TYPES OF TRAINING

1. TABATA

- Just 4 minutes is all you need to blast your body into action and melt fat, fast.
- Traditional TABATA workouts consist of just two exercises: perform the first continuously at maximum intensity for 20 seconds, take a 10-second break, then go all-out on the second exercise for 20 seconds. Keep going until the 4 minutes are up.

Types Of HIIT Workouts: Example Tabata Circuit

- 1a. Jump Squats
- 1b. Burpees

2. EMOM

- Short for 'every minute on the minute', this type of HIIT is a protocol that keeps the intensity high and rest low to challenge your powers of recovery and force your body to adapt.
- Most EMOM workouts consist of one exercise performed for a specific number of reps at the start of every minute, with the remainder of the minute your allotted rest time. So the quicker you go, the more rest you get

Types Of HIIT Workouts: Example EMOM Exercises

Wide-Grip Pull-Ups

- Reps: 5
- Sets: 10
- Burpees
- Reps: 10
- Sets: 10
- Kettlebell Swings
- Reps: 12
- Sets: 12
- Deadlifts
- Reps: 3
- Sets: 10



TYPES OF TRAINING

3. LADDERS

- No snakes here, just a steep climb and fast descent.
- Each workout consists of two exercises. Perform 1 rep of the first exercise, followed immediately by 1 rep of the second exercise, then rest for 45 seconds. Perform 2 reps of each exercise, then 3, then 4 and so on, all the way up to 10 reps – resting for 40 seconds between each pair.
- Once you've completed 10 of each, work your way back down the ladder.

Types Of HIIT Workouts: Example Ladders Circuit

- 1a. Pull-Ups
- 1b. Press-Ups
- 2a. Chin-Ups
- 2b. Diamond Press-Ups
- 3a. Kettlebell Swings
- 3b. Box Jumps

4. COMPLEXES

- Ironically simple, complexes involve picking up a bit of kit and not letting go of it again until the workout is finished. They test your grip strength and willpower, and fire up your metabolism.
- An example workout would consist of five exercises. Complete the prescribed number of reps for each exercise in order without resting, then rest for 90 seconds, and repeat the whole thing four times.

Types Of HIIT Workouts: Example Complexes Circuit

- 1a. Deadlift (10 reps)
- 1b. Bent-Over Row (10 reps)
- 1c. Power Clean (10 reps)
- 1d. Push Press (10 reps)
- 1e. Back Squat (10 reps)



TYPES OF TRAINING

5. AMRAP

- 'As many rounds as possible' simply means completing as many reps or rounds as you can in the allotted time.
- Say you had a circuit of six exercises, you could set a timer for 20 minutes and complete as many rounds of that circuit as you can.
- AMRAP training is an effective way to monitor your fitness, because you can easily test yourself against previous efforts.

Types Of HIIT Workouts: Example AMRAP Circuit

- 1a. Press-Ups (10 reps)
- 1b. Jump Squats (10 reps)
- 1c. Mountain Climbers (10 reps)
- 1d. Jumping Lunges (10 reps)
- 1e. V Sit-Ups (10 reps)
- 1f. Burpees (10 reps)



REMEMBER TO KEEP IN MIND

THE IMPORTANCE OF RECOVERY

In contrast to the sympathetic nervous system, the parasympathetic nervous system is responsible for sending the body into rest, digest, and recovery mode (5Trusted Source). Recovery between intervals and recovery days between workouts are key to seeing positive physical results from your HIIT workouts.

The quality of your recovery is also important, and can be enhanced with different practices, including (9, 10Trusted Source, 11Trusted Source):

- sleep
- good nutrition and hydration
- meditation and slow breathing exercises
- foam rolling or massage
- abstaining from intense exercise

If your body is constantly in a state of stress, the positive effects of HIIT can be reversed, with your hard work working against you.

Recognize your body's state of stress, both psychological and physical, and if you feel any of the warning symptoms listed, take some additional time away from HIIT.

It is important to note that this kind of workout should be performed 2–3 days a week at most, with rest days between each HIIT session.

Periodizing your workout program on a monthly cycle is a good way to prevent harmful symptoms of overtraining, leaving yourself a few days that don't include HIIT workouts (12Trusted Source).

While HIIT will make your body stronger in many ways, because of the cortisol response it generates, it is perceived by the body as stress.

The role of recovery is essential to maintain the benefits of HIIT workouts, as is an awareness of physical and psychological signs of chronic stress. Otherwise, your efforts may backfire.

So, next time you challenge yourself with a HIIT workout, be sure to plan for rest afterward to reap the biggest gains.



FIRST 6 SESSIONS

HIIT TRAINING

Day one:

warming up: 10 reps

- jumping jacks
- walking lunges
- hip rotation

workout: 30 min

- Jumping jacks 30 secs
- Rest 30 secs
- High knees 30 secs
- Rest 30 secs
- Half Burpee 30 secs
- Rest 30 secs
- air squats 30 secs

(Repeat 8 times)

cooldown: 30 scs

- hip internal rotation
- cobra stretch
- calf stretch
- hamstrings stretch

Day two:

warming up: 10 reps

- jumping jacks
- leg swing
- jump squats

workout: 30 min

- squats twists 30 secs
- Rest 30 secs
- knee to squad 30 secs
- Rest 30 secs
- Skaters 30 secs
- Rest 30 secs
- Sit ups to punches 30 secs

(Repeat 8 times)

cooldown: 30 scs

- hip internal rotation
- lower back stretch
- calf stretch
- pigeon stretch



FIRST 6 SESSIONS

HIIT TRAINING

Day three

warming up: 10 reps

- but kicks
- walking lunges
- hip rotation

workout: 30 min

- high knees 30 secs
- Rest 30 secs
- moun. climbers 30 secs
- Rest 30 secs
- Half Burpee 30 secs
- Rest 30 secs
- plank hold 30 secs

(Repeat 8 times)

cooldown: 30 scs

- hip internal rotation
- cat back stretch
- calf stretch
- quad stretch

Day four:

warming up: 10 reps

- jump row
- alternative lunges
- hip rotation

workout: 30 min

- lunges kick up 30 secs
- Rest 30 secs
- push ups 30 secs
- Rest 30 secs
- bicycle crunch. 30 secs
- Rest 30 secs
- air squats 30 secs

(Repeat 8 times)

cooldown: 30 scs

- supine twist
- child pose
- calf stretch
- hamstrings stretch



FIRST 6 SESSIONS

HIIT TRAINING

Day five

warming up: 10 reps

- front punch
- walking planks
- jump squats

workout: 30 min

- burpee + sumo squat 30 secs
- Rest 30 secs
- jumping jacks + press up 30 secs
- Rest 30 secs
- air squats 30 secs
- Rest 30 secs
- shoulder taps 30 secs

(Repeat 8 times)

cooldown: 30 scs

- lower back stretch
- cobra stretch
- calf stretch
- hamstrings stretch

Day six

warming up: 10 reps

- jumping jacks
- walking lunges
- hip rotation

workout: 30 min

- walking lunges 30 secs
- Rest 30 secs
- leg raises 30 secs
- Rest 30 secs
- triceps dips 30 secs
- Rest 30 secs
- sit ups 30 secs

(Repeat 8 times)

cooldown: 30 scs

- pigeon stretch
- butterfly stretch
- calf stretch
- hamstrings stretch



HIIT TRAINING IS SAFE FOR

OLDER ADULTS?

Yes is safe, the person should always check with their doctor before starting any exercise program. But HIIT is safe for adults of all ages and may well be a great option for older.

Some general guidelines:

- Pick an exercise that is safe for you. Older adults may want to choose low-impact exercises like walking or using a stationary bike to prevent injury. If you're at risk of falling, be sure to consider safety and avoid exercises that may make you unsteady, like running on a treadmill.
- Variety is best. Alternate HIIT workouts with other types to prevent overuse injuries. HIIT workouts should be spread out throughout the week with one to two days in between each workout to allow time to recover.
- No matter what the exercise, it's important to make sure you use proper form. Poor form can put you at risk of injury. Correct form will have the best results. If you aren't sure where to start, schedule a session with an exercise physiologist or trainer.



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