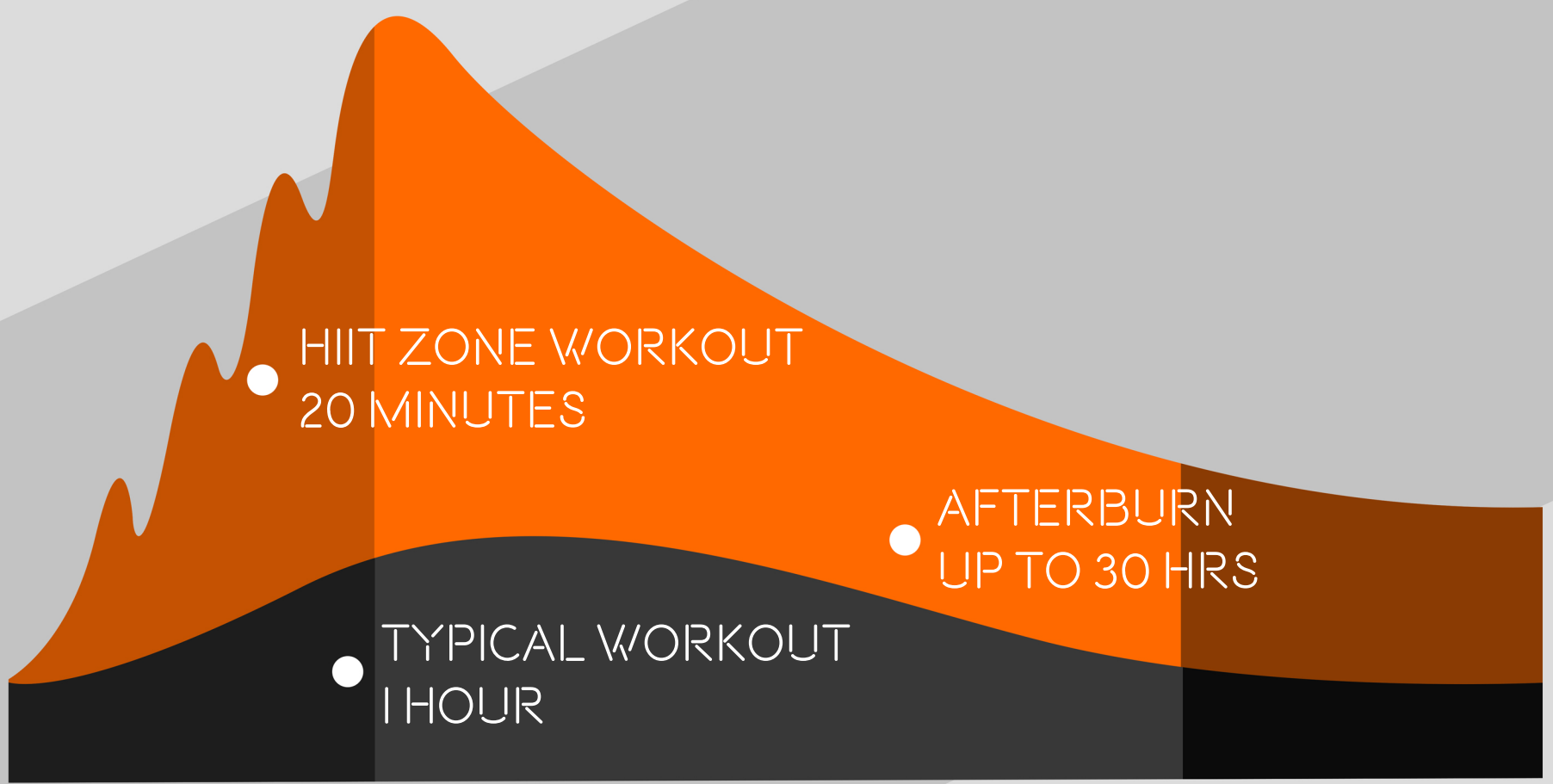




## High-Intensity Interval Training



HIIT is a cardio session arranged as short bursts of very hard work. The short bursts can range from 20 to 90 seconds to allow you to push yourself harder. A typical HIIT session is about 20-45 minutes of working and resting.



It is fun!

If you enjoy group workouts you will find that HIIT can be energizing and encouraging.

Usually you can work out to fun music as well.

Burn more calories and fat. It is proven that through HIIT you will burn more calories during and following your workout.



No equipment required. Even though equipment can be used, it is not necessary. You can do HIIT workouts in the comfort of your own home with no equipment.

Variety. If you feel like you are in a rut with your workouts try HIIT.

The combination of exercises are endless.



# HIIT