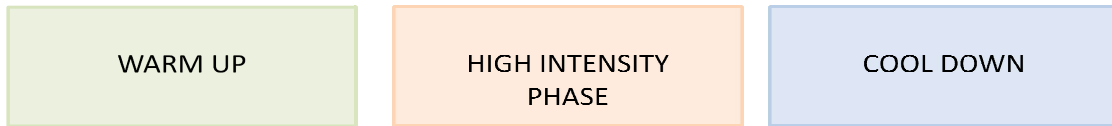


HIGH INTENSITY INTERVAL TRAINING (HIIT) CHEAT SHEET

HIIT Structure



Examples of “All OUT” Activities

Beginner:

Running on the spot (30s+30 to 60s rest), Stationary bike (30s+30 to 60s rest), Squats(15s+30s rest), Pushups (15s+30s rest), Planks(15s+30s rest), ...etc.

Intermediate to Advance (15s + 30s rest):

Squat jumps, Tuck jumps, Burpee, Mountain climbers, Pushup variations, walking planks

Things You Need

Timer/Digital clock or Phone App (e.g. Interval timer, Seconds Pro etc)

Rating Scales (choose one method from below)

1. 15 to 17 (Hard to Very Hard) on Borg RPE scale
2. 7-8 on a 0-10 scale
3. TALK & SING TEST (can sing= light activity, can talk but not sing= moderate, **Hard to complete a sentence= high intensity**)
4. For Heart Rate monitor use 70 to 85% of Maximum Heart Rate (Max Heart Rate = 220- your age)

Things to Remember

- Choose 2-3 activities between aerobic, upper body, lower body, core, agility, sports specific ...etc.
- Choose 4-5 sets total in the beginning consists of 2 or 3 different activity
- Keep the exertion levels feasible to your capacity and progress slowly by adding more sets or by choosing more difficult activity
- Progress by added more sets, adding a low intensity activity instead of rest, choosing advanced activities.
- Repeat 3 or 4 times a week
 - Please consult with your Therapist or Doctor if you have: Recent injuries, Cardiac or respiratory conditions, Advanced arthritis, Recent surgeries, or Any health condition for which you are supposed to avoid physical exertion