



HIIT Workout On The Helix (20-55 minutes)

High Intensity Interval Training (HIIT) is a system of organizing cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery.

On a 1-10 scale of perceived exertion, high intensity can be considered anything over an effort level of 7. When using max heart rate (MHR) as a guide, high intensity can be considered exercising above 80% of MHR. HIIT training calls for challenging work-rates such as sprints for short time frames lasting from thirty seconds to two minutes.

Specific benefits from HIIT include:

- Trains the body to become efficient at producing and using energy from the anaerobic energy system
- Trains the body to effectively remove metabolic waste from the muscles between the work intervals
- Provides an effective way to increase VO2 max without having to run for long distances or periods of time

Helpful tip:

- Due to the high level of intensity and the amount of time necessary to appropriately recover from the exercise session, it is recommended to do no more than two days of HIIT per week, allowing at least one full day of recovery between training sessions.

THE HIIT WORKOUT ON HELIX LATERAL TRAINERS					
Interval	Perceived Exertion	Time (min)	Beginner Resistance	Intermediate Resistance	Advanced Resistance
Warm Up	Light to Moderate	5-10	L2-3	L3-4	L4-5
I	Vigorous to Max Effort	1	L5-7	L6-8	L7-9
II	Light to Moderate	2-3	L4-6	L5-7	L6-8
Repeat Intervals I-II			4-6 times	6-8 times	8-10 times
Cool Down	Light	3-5			
Total Time			20-39 min	26-47 min	32-55 min