



Did you know that you could burn **MORE** calories, lose **MORE** fat, improve your endurance and spend **LESS** time doing it? High Intensity Interval Training or HIIT is what you should be doing!

## What is HIIT?

HIIT is a workout where you give 100% effort for a short amount of time through quick and intense exercises with short rest intervals. Training this way will increase your heart rate and keep your heart rate up, which will lead to burning more fat in less time. Not hooked yet? Continue reading for three more benefits of HIIT!

## Benefits of HIIT:

### Increase Your Metabolism

Completing interval training at a high intensity level results in Excess Post-Exercise Oxygen Consumption (EPOC). EPOC is the scientific term for the afterburn effect, which will help you continue to burn calories for hours after you've left the gym. Now who doesn't want that to happen!? Burning calories when you aren't exercising? SIGN ME UP!

### Quick and Convenient

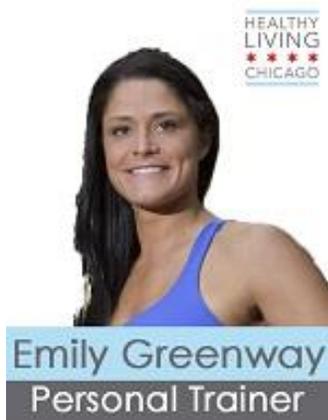
One of the number one reasons people do not exercise is because they don't have time. HIIT workouts can be done anywhere and they only have to last 30 minutes or less! Complete these workouts in a hotel room, your family room, in a park or in a small room at the office.

### No Equipment Necessary

You can use your own body to complete HIIT workouts. Your focus is to increase your heart rate and keep it there!

HIIT workouts will not be easy, but they will be worth it! Are you up for the challenge? Here is HIIT workout that can be done in any open space. Goal is to go as quick as you can through the movements, then rest 1 minute after you complete 20 pushups. All repetitions must be completed before moving onto the next exercise.

**3 Rounds: 20 Burpees/ 25 Sit ups/ 30 Lunges  
(total)/ 25 Squats/ 20 Push ups / 1 minute rest**



By Emily Greenaway (Benefitness)