



BOOST UP FOR HIIT

WHAT IS HIIT?

High-Intensity Interval Training (HIIT) is a highly effective form of exercise that alternates periods of work and recovery. Aim for the YELLOW (80-89%) and RED (90%+) zones during the work phase, and the BLUE (60-69%) and GREEN (70-79%) zones during the recovery phase.



Learn more at myzone.org



WHAT ARE THE BENEFITS OF HIIT?

Research indicates that HIIT offers similar or even greater improvements in health and fitness compared to steady state exercise – and in a more time-efficient way! Benefits of HIIT include:

- Increased maximal oxygen uptake – a measure of cardiorespiratory fitness
- Increased fat metabolism during exercise
- Increased weight loss and fat loss over time
- Increased excess post-exercise oxygen consumption (EPOC or “afterburn”)

WHY USE MYZONE® FOR HIIT?

- Set goals and track effort for the work and recovery phases of HIIT.
- Ensure clients are getting adequate recovery between work phases.
- Set and track duration of work and recovery phases using the timer on the MYZONE® app.
- Get real-time feedback on how clients respond to HIIT and tailor programming appropriately.
- Develop a HIIT workout using MYZONE’s “Class Creator” to use with clients and classes over and over again.
- Track 1-minute Heart Rate Recovery every 4-6 weeks with regular HIIT training...and see how clients improve over time!
- Build community by setting MEPS goals for HIIT classes.
- Increase client motivation using MYZONE® to track consistency and goal achievement.
- Monitor workouts through a safety perspective using real time feedback.

TIPS FOR USING MYZONE® WITH HIIT

- Always include a 5-10 warm-up in the **BLUE** and **GREEN** zones and a 5-10 minute cool-down in the **BLUE** and **GRAY** zones.
- Offer a “speeding ticket” for clients who do not recover between work phases – tell them they cannot push again until heart rate has recovered to prescribed recovery zone.
- To progress client over time, gradually increase work phase duration, decrease recovery phase duration, or increase work phase intensity.
- Use MYZONE® as a tool to make tough workouts more enjoyable! Create heart rate games, start in-class competitions between clients, and motivate with MEPS goals.

Learn more at myzone.org or info@myzone.org

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