

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**High Intensity Interval Training: A New Frontier in Fat Loss**

**By Nathan Latviatis**

**High Intensity Interval Training: A New Frontier in Fat Loss by Nathan Latviatis**

Are you exercising for long periods of time to try to burn fat? If you're like most people you probably are, but there is a better, more efficient way. It's called "high intensity interval training" (HIIT) and lately it has started to become pretty famous for its obvious health benefits.

–So, just how do you perform HIIT?

Simply put, HIIT is based around this concept: Go fast then go slow. Repeat. You can perform HIIT routines on pretty much any machine you want like a treadmill, elliptical machine, cycling machine, or apply it to almost any sport (swimming, cycling, running). Try to keep the bursts of speed at around 90%–100% of max effort.

Here is a sample HIIT routine:

Sprint 20 Seconds

Rest 10 Seconds

Repeat 4–8 Times

Or

Sprint 15 Seconds

Rest 5 Seconds

Repeat 4–6 Times

## High Intensity Interval Training: A New Frontier in Fat Loss

These are just samples, you can change it however you want (you could even use distance instead of time). Remember though, HIIT is based around the concept of fast bursts of work. Also, to continually challenge yourself and also to continually make progress you should increase the level of effort required. You could add extra sprint cycles to the routine, shorten the rest periods, lengthen the sprint periods, try to run farther in the set amount of time, or (if you are going for distance instead of time), try to complete the distance in a shorter amount of time. When starting out on your HIIT routine, don't kill yourself the first time though. You may have to work your way up, don't be afraid to start out at a low intensity with low sprint times and high rest times.

–What Are the Benefits of HIIT?

--Major Increase in Fat Loss

In a study done by Tremblay and other authors, two groups were assigned different training regimens. Group A performed the regular moderate intensity cardio (like jogging or bicycling) for 20 weeks and Group B performed a HIIT routine for 15 weeks. In the end the results of each group were recorded. Group B lost nine times more fat than Group A and in 5 weeks less! (1)

--Increased Lactic Acid Threshold

Lactic acid is that burning sensation you feel when you work a muscle really hard. Lactic acid is a byproduct of the processes your body uses to make your muscles work. When too much lactic acid accumulates in the muscles, the muscles become fatigued. Your lactic acid threshold is how fast your body can remove the lactic acid in your muscles. When your body can remove lactic acid more efficiently, then you can work the muscles at a higher intensity for a longer period of time before they become fatigued.

--Shorter Workouts

I don't know about you, but I definitely would rather crank it up a notch and exercise for 4–8 minutes in comparison to staring at the wall in the local gym for 30 minutes to an hour jogging...or performing any other slow, and somewhat boring type of cardio.

–So why does HIIT burn more fat than regular moderate intensity cardio, like jogging?

## High Intensity Interval Training: A New Frontier in Fat Loss

To put it simply, after your HIIT training session is over with your metabolism explodes and tons of calories are being burned.

These calories are being burned because your body must recover from the HIIT workout you just exposed it to (the details as to why exactly this happens are pretty complicated, and would take a long time to explain, so I'll spare you). Just understand that after the workout, not during the workout, is when the fat is being burnt.

HIIT offers people an extremely effective and, as shown by the study done by Tremblay and other authors, a very fast way to eliminate fat. In addition to this, it can increase your muscle's resistance to fatigue. Although, probably the best part about this type of training is that you no longer have to spend 30 minutes to an hour at your gym jogging away your life on the treadmill.

Here's a tip: Personally, I enjoy listening to some type of fast paced music while performing an HIIT workout. Doing this can really increase the intensity of your workout, and similarly, the productivity of it as well. Some type of MP3 player usually works best because they don't jiggle around very much.

If you decide to take up HIIT training you may want to check it out with your doctor first. This type of training is incredibly effective, but it is also very intense.

Want to learn more fitness tips like this one? Want to know which supplements work the best and why?

Visit <http://www.weight-loss-resources.com>

### References:

(1) Tremblay, A., J. Simoneau, and C. Bouchard. Impact of exercise intensity on body fatness and skeletal muscle metabolism. *Metabolism*. 43:814–818, 1994.

Disclaimer: The information in this article has been provided for educational purposes only. The information contained in this article should not be used to diagnose or treat any illness, metabolic disorder, disease, or health problem. Use of the information contained in this article is at the sole choice and risk of the reader. The author of this article assumes no liability in the event any type of injury or death occurs because of the use of the information provided in this article. Always consult your physician or health care provider before performing any type of exercise routine.

Nathan Latvaitis: An avid fitness researcher – helping other people realize their goals through knowledge. If you want to gain more knowledge there is an abundance of it at my website: <http://www.weight-loss-resources.com>

## **What Do You Mean Low-Intensity Training Isn't The Best For Fat Burning?**

**By Nick Nilsson**

But how can this possibly be? Everywhere you look, it's always said that long-duration, low-intensity training is best for fat loss. All high-intensity work does is burn carbohydrates, right?

Wrong.

After reading this article, I guarantee you'll develop a new respect for high-intensity cardio training for fat loss.

Low-intensity exercise is defined as working at a heart rate of about 60% to 65% of your maximum heart rate (which is equal to  $220 - \text{your age} = \text{maximum heart rate}$ , thus if you are 20 years old,  $220 - 20 = 200$  max HR). High-intensity exercise is defined as working at about 75 to 85% or more of your maximum heart rate.

Using the previous example for maximum heart rate (max HR=200), working at 60% of your max HR would be 120 beats per minute and 80% of that would be 160 beats per minute.

There are several reasons low-intensity exercise is normally recommended for fat loss.

It's easy – In many cases people who are trying to lose fat don't always feel energetic enough to do hard training due to the caloric deficit (a.k.a. diet) that they are on. In these cases, just sticking to an exercise program can be hard enough, never mind making the exercise itself challenging.

It's low risk – A personal trainer generally can't go wrong by recommending low-intensity exercise to clients. Even the most out of shape person can usually do low-intensity cardio training safely. While this is certainly appropriate advice for novice trainers, it does not necessarily apply to the more experienced trainer when it comes to effective training.

It burns a higher percentage of calories from fat – this is very true: exercising at a lower intensity does burn a higher percentage of calories from fat than high-intensity exercise. But, as I will explain, this does not necessarily mean you're going to burn more fat.

Let's crunch some numbers to show you exactly what I mean when I say high-intensity exercise burns more fat.

Low-intensity training burns about 50% fat for energy while high-intensity training burns about 40% fat for energy. This is not a huge difference.

## High Intensity Interval Training: A New Frontier in Fat Loss

Say, for example, walking for 20 minutes burns 100 calories. Then 50% of 100 calories is 50 fat-calories burned.

Now say 10 minutes of interval training at a high intensity burns 160 calories. Well, 40% of 160 calories is 64 fat-calories burned.

By doing the high-intensity work, you've just burned 14 more fat calories in half the time. Starting to sound good? There's more...

---

Low-intensity exercise only burns calories while you are actually exercising. That means the moment you stop exercising, your caloric expenditure goes back down to nearly baseline levels. Within minutes, you're not burning many more calories than if you hadn't done anything at all.

High-intensity exercise, on the other hand, continues to boost your metabolism long after you're done (often up to 24 hours after, depending on the length and intensity of the training session). This means you're continuing to burn many more calories all day long!

---

Low-intensity exercise does nothing to build or support muscle mass. Maintaining muscle mass is critical to an effective fat-loss strategy as muscle burns fat just sitting there. Want to keep your metabolism working to burn fat? Do whatever you can to build or keep your muscle tissue.

High-intensity exercise has the potential to increase muscle mass. Compare the body of a top sprinter to a top marathon runner. The sprinter carries far more muscle mass. You won't get big bulky muscles from high intensity training but you will get shapely and more defined muscles!

---

### How To Do It

Now that you've seen how effective high intensity training can be for fat loss, how is it done?

The absolute easiest way to start this type of training is to get on a cardio machine at the gym and select the interval training program. As you'll see, you'll start off with a fairly light warm-up cycle, then quickly jump up to a high intensity level for a short burst. You will then drop back down to a low level for a period of time, then back up to a high level again, repeated several times and finishing with an appropriate cool-down period.

The repetition of these intervals is the nuts and bolts of high intensity interval training. You can also do it manually by adjusting your intensity level up and down over short periods of time.

## High Intensity Interval Training: A New Frontier in Fat Loss

For example, do 30 seconds at high power then 30 seconds at low power. Repeat. It's very simple and very effective.

Another excellent method for doing high-intensity training is called aerobic interval training. It is essentially the same concept as the previously explained interval training but the work intervals are longer with the intensity level somewhat lower. A good example would be running at a pace that you can only keep up for about 5 minutes then walking for 2 minutes then running 5 more minutes, walking 2 minutes, etc.

High-intensity training can be applied to any form of cardiovascular exercise. Anything from walking/sprinting to swimming to bike riding will work perfectly. I would recommend doing his type of training 2 to 3 times per week for best results. As always, be sure to consult with your physician before starting any exercise program.

---

Remember, what you get out of exercise is directly proportional to what you put in. Work at high-intensity training for awhile and see just how much better your fat-loss efforts go.

For more information on cardiovascular training, including advice on activities you can do, reviews of different types of cardio machines, other forms of cardio training, and some well-explained, useful, basic physiology go to:

Nick Nilsson is Vice President of BetterU, Inc., an online exercise, fitness, and personal training company. Check out his latest eBook "The Best Exercises You've Never Heard Of" at

or visit

. You can contact him at

or subscribe to BetterU News, his fitness newsletter at

.

What Do You Mean Low-Intensity Training Isn't The Best For Fat Burning?

A Great Way To Spice Up Your Workouts — Interval Training

Walking for Fat Loss???

Fat Loss Supplement

Scales Are For Fish, Not Weight Loss

Obesity and Weight Loss

Beat that Fat

30-Day Low Carb Diet 'Ketosis Plan'

The ezebook Guide



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**