HIIT 2 FIT

THE ULTIMATE FAT-BURNING SOLUTION

CHECKLIST

HIIT 2 FIT Checklist

Working at maximal intensity for an extended amount of time is physiologically impossible. So if you think that working tougher workout routines for longer durations will make you shed fat faster, you may need to rethink your weight loss strategy. Instead there is a much more effective way of transforming your body. This workout routine involves much shorter durations than traditional workout, is full of high intensity moves and grants your body frequent recovery periods to get all set up for the next round. This checklist will run you through the simple tips and techniques to shed off those extra pounds!

Chapter 1: What is HIIT?

High intensity interval training or HIIT is a very specific type of training technique where you give everything you have during short but fierce spurts of exercise. The bursts are alternated with short and occasionally active periods of recovery as opposed to standing still.

This kind of intense training raises and keeps the heart rate up while burning more fat deposits in less time. You can also get the same effect when you go for a long run where you also kick up your heart rate and keep it up. However, the two are very different, as the results produced vary significantly.

The Science Behind HIIT

As seen above, HIIT aims to induce overload. That is to say, by going through strenuous exercise, training fatigues the body significantly in the hope for supercompensation. However, this supercompensation can only occur when the training overload is supported by significant recovery. Together, the two components aim to bring about physiological adaptations that lead to increased performance above the baseline.

The EPOC Effect

Also known as the afterburn effect, EPOC helps burn more calories long after finishing your workout. This occurs when the quantity of oxygen consumed after exercise exceeds that of the pre-exercise level.

Is HIIT Right For You?

Since HIIT is all about intensity, you need to be in fairly good health with an elementary level of general and core strength along with mobility. You also need to be aware of your personal physical limitations.

People who want to take on HIIT should be interested in trying out a number of different exercises and be knowledgeable about performing these moves not only correctly but safely as well. If you are above the age of 55, then it is recommended that you take on HIIT with a doctor's approval.

HIIT is not recommended for anyone with any orthopedic limitations such as knee, back, or shoulder conditions. Likewise anyone suffering from cardiovascular issues like hypertension and heart palpitations should not take on such an aggressive form of exercise.

Chapter 2: Benefits of HIIT

Everyone wants the fastest, most efficient way to get in shape and HIIT definitely promises to deliver. So when you are pressed for time, HIIT training is the way to get the job done quickly and effectively. While additional calorie burn, fat loss, muscle gain and improved endurance are given with HIIT training- and will be discussed in greater details later on, here are some of the most promising benefits HIIT training can offer:

- Improves oxygen consumption
- Cardiovascular benefits
- Helps reduce blood sugar
- Boosts metabolism
- Time saving features that require no equipment
- Create customized workouts
- Challenging and entertaining
- HIIT is efficient

Chapter 3: The Essentials of HIIT

What Equipment To Use In HIIT?

Beginner HIIT training can be fairly effective with just your body weight, but as you move along, you may want to introduce some equipment into your routines.

HIIT training can be done using an assortment of methods. You can work with anything from a Stairmaster to a bike or treadmill and even incorporate sprinting, bicycle sprints or elliptical workouts.

How Intense Should The Workouts Be?

High intensity workouts are cardio workouts that are aimed at getting the maximum effort in a short period of time. The key is to keep the intensity levels at the maximum.

HIIT is more popular as compared to other methods because it burns calories more quickly. It has been seen through research

that the more intense a workout is, more quickly fat is burnt. Normally, fitness experts judge the intensity level suitable for a person using the RPE scale or the rate of perceived exertion scale.

This scale basically has a 1-10 spectrum, with 10 being the point where you give the workout everything you have got. Every person needs to determine where they stand on this spectrum and try to move to 10 by gradually upping the intensity of their workouts.

How Restful Should The Rest Periods Be?

While most people do find this strange, rest periods are imperative in a HIIT workout session. Without rest periods, you cannot get the full benefits of the workout. Once you are done with one set of exercise, your body needs to recover before it can perform the next set.

The HIIT rest period does not have to be full rest. You can also have an active recovery period, such as a plank or walking in place. The ratio that most fitness experts follow is a one to two

ratio. For every one minute of high intensity workout, you have to take a recovery period of 2 minutes.

How Long Should The Workouts Be?

The duration for a HIIT workout will vary from one person to the next. It also depends on the kind of workout you are doing.

How Frequently Should You Do HIIT Workouts?

You cannot do HIIT workouts every single day because it is practically impossible to get maximum results by daily workout sessions. If you do high intensity workouts every single day, it can poses the risk of injury. It is advisable to perform HIIT two to three times a week. The key is to give your body a one day recovery time between the sessions.

How To Prevent Muscle Burn During HIIT?

The aim of a HIIT session is to burn fat and not muscle. Therefore, to prevent muscle burn, there are a few things that need to be considered. Firstly, it is absolutely essential to take rest days. These days will give your body and your brain a chance to recover and prepare for the next workout session.

Another important factor to consider is nutrition. To benefit from any workout, it is important for the workout to be coupled with proper nutrition.

Fitness pros also recommend getting sufficient sleep. Your body heals itself while you sleep. Proper sleep will keep you active for the next workout and it also gives the body some time to repair itself before the next session.

Chapter 4: HIIT for Fat Loss and Muscle Gain

How Does HIIT Cause Fat Loss?

Metabolism refers to all the processes that take place in the body. These can be of two types.

- Anabolic
- Catabolic

HIIT And Fat Oxidation

In cells, oxidation of fat occurs as a result of which triglycerides are produced. These are used for energy provision or they can be stored in the adipose tissue. Since HIIT induces fat oxidation, it ensures that body fat is being broken down instead of getting stored up.

The liver is the only organ in the body that can dispose of cholesterol. When fat reserves build up on the liver, the liver cannot function properly due to pressure exerted on it by the fat concentration. As a result of HIIT, the fat reserves melt which causes the liver to function properly for disposing off cholesterol.

Increase in Growth Hormone levels

HIIT has also shown to increase growth hormone levels. This hormone is also involved in the fat burning mechanism in the body along with enhancing metabolism. In the presence of this hormone, the metabolic rate of the body improves and the efficiency of metabolism is also enhanced significantly.

How Does HIIT Build Muscle Mass?

HIIT is also responsible for building muscle mass. This is because HIIT builds endurance and causes more blood flow with better contractility to the muscles. The blood carries oxygen and nutrients to all parts of the body. After high intensity workouts, more oxygen is taken to the muscles. This results in oxidative respiration in the muscle.

Metabolism And Muscle Mass

HIIT increases the rate of metabolism in the muscles in active stage and keeps metabolic activities going on even in the resting stage. In the anabolic reactions, new products are made for muscles. In this process, muscle mass is also built. Since high intensity workouts keep the anabolic activities going on for 24 hours following the workout, they ensure that muscle synthesis is taking place at all times.

Chapter 5: HIIT for Endurance

One of the main elements of endurance is cardiovascular performance. This refers to the way your heart works and the subsequent working of the circulatory system in response to heart's pumping. The functioning of the heart can be measured by three determinants.

1. Heart Rate
2. Stroke Volume
3. Contractility

How Is Endurance Built?

Endurance is not only a measure of how strong your heart working is. It also refers to the amount of oxygen that can be delivered to your muscles. This variable is called VO2. This variable depends on the factors mentioned above as well as on the amount of oxygen that is extracted from the blood that enters the muscles. Not all the oxygen that is taken to the muscles by the blood is taken by the muscles. The oxygen has to be extracted

first and the more oxygen extraction capacity the muscles have, more oxygen they will receive.

How Does HIIT Build Endurance?

HIIT builds endurance by working on all the variables that are mentioned above. It enhances the stroke volume for ensuring a greater amount of blood flow to the skeletal muscles. Moreover, it also has an effect on contractility and increases the pumping force of the heart.

HIIT And VO2

As mentioned above, the VO2 levels in the blood determine how much oxygen is getting to the skeletal muscles and other parts of the body. HIIT has shown to significantly enhance VO2 levels in the body and enhances stroke volume. Since the stroke volume is enhanced through high intensity workouts, more blood gets sent to the body every single time the heart contracts. This is a good thing for the skeletal muscles since they start getting more blood.

HIIT Builds Endurance In Skeletal Muscles

High intensity workouts also build endurance in skeletal muscles. When you perform these exercises, the vasculature of the skeletal muscle is changed. The vasculature refers to the size and number of blood vessels that are present in the area. Due to these workouts, tiny blood vessels become apparent in the skeletal muscles.

Motor Units And HIIT

The skeletal muscle fibres have something called motor units. These units are important for signalling in the muscles and for building endurance. High intensity workouts increase the number of motor units present in the body. This can aid in two things.

- If more motor units are present in the skeletal muscles, then muscle coordination is much better and the person has more endurance.
- Motor units also help to reduce the fatigue time for exercises. As such, anyone with enhanced motor units does not tend to get tired quickly.

Does HIIT Affect Qmax?

Qmax is referred to the maximum amount of blood that your heart can pump to the body in a minute. It has been seen in studies that high intensity workouts have little or no significant effect on Qmax. On the contrary, low intensity workouts such as aerobic workout plans are great for increasing Qmax.

Chapter 6

Common Mistakes When Doing HIIT

HIIT is, beyond doubt, a very effective workout but to get results, it needs to be done correctly. Here is a look at some of the most common mistakes to avoid when doing HIIT.

- Opting for longer workouts
- Not warming up
- Choosing complex and complicated movements
- Not paying attention to 'recovery' intervals
- Not being 'intense' enough
- Diet and clothing matters
- Not staying determined enough
- Doing HIIT too often
- Choosing the wrong timing

Chapter 7: The Best Diet for HIIT

To benefit from any workout plan to the fullest, it is imperative to have a suitable diet plan, complementing the workout sessions. For HIIT, it is essential to have a diet that is rich in proteins and has sufficient carbs. This ensures that you have enough energy to exercise intermittently without giving in to fatigue. Along with that, an adequate amount of water is also essential for the success of a HIIT workout.

Pre-Workout Nutrition

The carb intake should be moderate enough to not overload the body but energize it enough for the workout. Some good pre-workout food options include:

- Dried fruit such as almonds or cashew nuts
- Plain Yoghurt (Preferably, a blend of yoghurt, fruits and some veggies in form of a smoothie)
- Protein powder and Whole wheat toast
- A banana and some strawberries or a smoothie

Some good pre-workout meal options include:

- A bowl of fruit
- A nut energy bar
- Peanut butter toast

Post Workout Nutrition

The post workout diet plan should have more proteins. Immediately after a HIIT workout session, it is not possible to fix yourself a proper meal so you can go for quick fixes that have high protein content. Some options include:

- A Protein shake
- A slice of white bread
- Soy milk and 2 spoons of jelly

Proteins present in milk products are quite beneficial for the muscle health so snacks for HIIT diet plan are normally scoops of whey protein or casein protein.

- Rice with veggies and chicken
- Pasta and salad (add meat sauce for taste)

- A cup of mixed green salad and some salmon
- A cup of green beans and salmon

3 Day Meal Ideas

As mentioned above, it is absolutely imperative for a good diet plan to complement a workout session for the exercise plan to yield results. A 3 day meal plan with three main courses of the day along with 2 snacks is given below.

Day 1:

Breakfast

- 2 whole eggs
- 1 slice low fat cheese
- 2 slices low fat turkey bacon

- 2 slices whole wheat bread

Morning Snack

A cup of berries or a handful of walnuts

Lunch

- Spinach
- 5 oz. shrimp

- Half a cup of dried oatmeal
- A table spoon of salad dressing

Mid-day Snack

- A table spoon of peanut butter
- Half a cup of cottage cheese

Dinner

- Barbeque chicken with natural BBQ sauce
- Whole wheat break
- Cabbage dressing
- 5 oz. kale

Day 2

Breakfast

- An English muffin (whole wheat)
- 3 slices of turkey bacon
- Breakfast sandwich with eggs and a slice of cheese

Morning Snack

- A cup of cottage cheese
- Half a cup of berries

Lunch

- 6 oz. chicken breast
- A cup of zucchini sliced well

Mid-day snack

- A scoop of whey protein
- Handful of any dried fruit

Dinner

- A large baked potato
- Grilled salmon
- Half a cup cheese and a table spoon of Greek yoghurt
- Salt and hot sauce for taste

Day 3

Breakfast

- 3 whole eggs
- Omelet made with reduced-fat cheese and onions

Morning snack

- A cup of spinach
- 2 spoons of salad dressing with olive oil and vinegar

Lunch

- A cup of broccoli chopped well
- A table spoon of salad dressing with olive oil and vinegar
- 8 oz. of chicken breast

Mid-day snack

- Peanut butter on a whole-wheat toast

Dinner

- Canned tuna sandwich
- Half a cup of Green yoghurt
- Celery stalk chopped well with chopped onions

Chapter 8: Supplements for HIIT

No matter which workout you are following, most need to couple proper diet with supplements to get the maximum benefits. These supplements are needed for that extra boost of energy and for initiating the repair process in the body. Several supplements are especially suited for HIIT, as they work best for high intensity exercises.

- Greens Supplement
- Creatine Monohydrate
- Caffeine
- L-Carnitine L-Tartarate
- Betaine
- Citrulline