

5 HIIT

WORKOUTS

5 EVIDENCE-BASED HIGH-INTENSITY INTERVAL
TRAINING WORKOUTS TO LOSE WEIGHT AND GET FIT

weightlessMD

High-intensity interval training (HIIT) is hot right now.

Everyone including their mother is doing **HIIT** for its time efficiency and weight loss benefits.

Many of the workout gurus have added a “Tabata” workout to their programs.

Almost always these HIIT workouts are entirely out of context from how the research was conducted.

This Ebook will quickly get you on track doing 5 HIIT workouts the evidence-based way.

#1 Tabata Workout

We'll start where it all began.

Dr. Izumi Tabata, a researcher with the National Institute of Fitness and Sports in Kanoya, Japan, studied high-intensity interval training on a cycle ergometer. To translate his work into real life, you simply need a stationary bike and four minutes to work out.

Here are the benefits that are proven in the scientific literature. To achieve the benefits, stick to the routine.

Tabata Workout Benefits:

- Improved aerobic and anaerobic fitness
- Improved muscle strength in your legs
- Time efficient – Get an ultra-short workout in only 4 minutes
- Improves insulin sensitivity to improve blood sugar control
- Releases norepinephrine and epinephrine, which aid in fat burning
- HIIT has an “afterburner effect” that burns more calories all day

How to Do a Real Tabata Workout:

- Warm up on a stationary bike for 3-5 minutes
- Go “all out” at 100% effort or heart rate max (220-age) for 20 seconds
- Rest or pedal lightly for 10 seconds
- Repeat for 8 total rounds (4 minutes total)
- You’re done!
- Do this routine 5 days per week

Want to learn more? [High-Intensity Interval Training \(HIIT\): Tabata Workout Routine](#)

#2 HIIT Walking Program

Even walking can be a HIIT. All you need are shoes and a place to walk, so it's cheap and effective. Walking, based on the research, is a bit more time intensive, but the rewards are great.

For those without a workout machine who want to get outside, this can be a wonderful way to work out. Walking is a natural, mostly joint safe exercise for middle-aged or older men and women who want a less intense workout.

Benefits of a HIIT Walking Program (Based on Science):

- Improved aerobic fitness by about 16% (VO₂ Max)
- Weight Loss – about 9 pounds over 4 months in one study
- Loss of abdominal fat
- Improved blood sugar control
- Improved insulin sensitivity in Type II Diabetics
- Improved Blood Pressure
- Improved cholesterol levels
- Increased thigh muscle strength

How to do a HIIT Walking Program:

First, consider getting an interval timer. [Gymboss](#)^{*1} is a dedicated interval timer, or try the the [Timex Ironman](#)* watch. You can also try an interval timer app for your phone. Check out [Bit Timer](#), [Seconds app](#), or [Interval Timer](#). The benefit of an interval timer is the beep that signals when to pick up the pace and when to slow down.

Studies showed that walking for 30-60 minutes, 4-5 days a week was effective. Alternate using 3 minutes of slow-paced walking with 3 minutes of fast walking. Focus on pushing yourself during the fast interval. The emphasis should be on high quality, INTENSE intervals. That's it. Super simple, but highly effective.

Want to learn more? [An Interval Walking Program: To lose weight, get strong and beat diabetes](#)

¹ * Affiliate Links

#3 Elliptical Workout Routine

An elliptical is a strange-looking machine, but don't let its form fool you; the elliptical is a deceptively powerful way to get a HIIT workout in. Studies have even found that the perceived exertion on an elliptical is less than what it really is. This means you get an intense workout that doesn't seem intense, likely because of the gliding motion being easy on your body.

Benefits of a HIIT Elliptical Workout:

- Full upper and lower body workouts
- Lower impact exercise may protect the joints
- Available in every workout facility in America (and possibly in your basement)
- Proven to be equivalent to treadmill and stair stepper for cardiorespiratory fitness
- Improved fasting blood glucose
- Improved waist and hip circumference
- Decreased fat mass
- Improved muscle mass
- Improved blood pressure and resting heart rate
- Improved aerobic fitness

How to do High-Intensity Interval Training on an Elliptical:

Hop on the elliptical machine and warm up for at least 3-5 minutes. Increase the resistance until you perceive that you are going at least 80% or more of your max (or calculate $0.80 \times [220 - \text{age}]$ to get 80% of heart rate max). Do the high intensity for at least 30 seconds and up to 2 minutes. Then decrease the resistance to make it easy for 2 minutes of recovery.

Repeat.

Do the intervals for 10-20 minutes of exercise and then cool down for a couple of minutes.

Want to learn more? [High-Intensity Interval Training \(HIIT\): Elliptical Workout Routine](#)

#4 Burpee HIIT Workout

I hate Burpees, probably because they are tough and make me want to vomit. Burpees are an army-ground-forces-training-to-avoid-getting-shot kind of workout. However, they have been studied and proven to have benefits.

High-intensity intermittent calisthenics (aka burpees) benefits:

- Improved aerobic fitness
- Improved muscle strength
- Improved ability to GET DOWN!

How to do a high-intensity intermittent calisthenics (aka burpees) workout:

(This exercise is taxing to the heart in special ways, so if you have a heart condition, please consult your physician before doing anything I say, but especially before Burpees.)

First, learn how to do a Burpee properly:

From a standing position – squat down and jump your feet backwards into a plank position (like the start of a push-up). If you want, for added difficulty, touch your chest to the ground by doing a push-up. Jump your feet back to your hands and stand up. Or, you can jump up to add another element of difficulty.

To do a simple Burpee conditioning drill based on the science, you would do Burpees “all out” and non-stop for 30 seconds, followed by a rest period of recovery for 4 minutes. Do 4 bouts and you’re finished.

Another study completed sets of 8×20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, or squat thrusts) separated by 10 seconds of rest per session, so do Burpees for 20 seconds, rest for 10 seconds. Repeat for 8 bouts. Done.

Want to learn more? [Burpee Workout for High-Intensity Interval Training \(HIIT\)](#)

#5 Minimal Viable Exercise

Are you really short on time?

The Department of Kinesiology at McMaster University in Ontario Canada published a study demonstrating that 3 minutes of “all-out” exercise per week may be enough.

You heard me. Only 3 minutes.

Benefits of this Minimal Viable Exercise:

- Improved VO₂ peak by 12%
- Muscle adaptations occurred, such as increased mitochondria
- Improved blood pressure control
- Improved blood sugar control

How to do the minimal viable exercise:

Find a stationary bike and warm up for a couple of minutes. Increase the resistance and go “all out” for 20 seconds.

Recover with 2 minutes of low intensity exercise – easy pedaling on the bike at a lower resistance. Do 3 bouts of this. This is 10 minutes of exercise 3 days per week.

This was 30 minutes of time commitment per week, which is only 3 minutes of INTENSE exercise per week.

No excuses.

Want to learn more? [Minimal Viable Exercise](#)

Also discover more about the benefits of HIIT for weight loss: [High Intensity Interval Training \(HIIT\) for Weight Loss: The Science Explained.](#)

There you have it. A quick and easy **evidence-based** start to **HIIT**.

Pick one and get started today.

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