

How You Can Get Benefit from HIIT

Workouts?

A new exercise program that combines bursts of high-intensity activity with recovery periods that works your cardiovascular system is said to be High-intensity interval training (HIIT). This is far better than conventional cardiovascular training where you perform the workout for a long period of time.

High-intensity intervals should involve short periods of vigorous exercise that make your heart rate speed up regardless of how it is implemented. [Full body HIIT workout](#) provides the benefits of longer-duration exercise in a much shorter amount of time but it may also provide some unique health benefits.



What exercises are in HIIT workout?

Some of the **HIIT exercises** are as follows:

- Hand-release push-ups
- Plyo push-ups
- Russian twists
- Single-leg burpees
- Supermans with lateral raises
- Lateral lunges with hops
- Tuck-ups
- Mountain Climbers

- Plan jacks
- Squat thrusts
- Plank-ups
- Flutter kicks
- Star jumps

What are the advantages of HIIT workouts?

There are various advantages of HIIT workouts.

1. In a short amount of time, it can burn a lot of calories

As compared to other forms of exercise, the researchers found that HIIT burned 25-30% more calories. A HIIT repetition considered 20 seconds of maximal effort followed by 40 seconds of rest.



2. After exercise, your metabolic rate is higher

As compared to jogging and weight training HIIT increases your metabolism after exercise.

3. It can help you in losing fat

Studies have shown the results of losing fat by doing HIIT exercise. It found that both HIIT and traditional moderate-intensity exercise can reduce body fat and waist circumference. Despite the relatively low time commitment, body fat can be reduced with HIIT.

4. By doing HIIT you might get muscle

HIIT gyms near me could help increase muscle mass in certain individuals, in addition to helping with fat loss. It's important to note that increases in muscle mass are more likely to occur in individuals who were less active, to begin with.

5. HIIT can improve oxygen consumption

Even if you only exercise about half as long, High-intensity interval training can improve oxygen consumption as much as traditional endurance training.

6. It can reduce blood pressure and heart rate

Primarily in overweight or obese individuals with high blood pressure, the **best HIIT workout** can reduce blood pressure and heart rate. In adults with high blood pressure, eight weeks of HIIT on a stationary bike decreased blood pressure as much as traditional continuous endurance training.



7. By HIIT exercise you can also reduce your blood sugar

For those who need to reduce blood sugar and insulin resistance, High-intensity interval training may be especially beneficial. In both diabetic and healthy individuals, these improvements have been seen.

How to increase the effectiveness of your HIIT workout?

Go for the ideal snack

It goes without saying that your body needs to be properly fueled in order to work well. Make sure to eat right. This is all the more important when you are doing a workout of high intensity. Try going for a moderate to a high-carb meal about three to four hours prior to your **HIIT workout at home**. You must make sure that this meal contains a good deal of protein as well.

Think of adding strength-training

Though HIIT is primarily cardio, you might consider incorporating weights. Usually, weight training combined with HIIT is a safe yet smart way to maintain your strength. This way you can also build lean muscle mass. You can consider Why [HIIT classes near me](#) is Best For Weight Loss? You can perform 15 minutes of strength training, after which you can round out your workout with 15 minutes of HIIT.