

What Do You Know About HIIT Gym Workout?

High-intensity interval training, or HIIT, involves alternating your workout routine between multiple seconds of low-intensity work and seconds of high-intensity work. And it only requires a few minutes to reap the benefits. That makes **HIIT gym Alabama** a particularly effective workout option for those short on time—but whether you have 20-25 minutes or an hour to exercise, it is helpful to all of us.

[HIIT classes in Alabama](#) promote the growth of lean body mass, which is necessary for maintaining a healthy metabolism. Through high-intensity interval training (HIIT) has been around for a long time, it's become all the rage recently, with new studios springing up all over the place devoted solely to this type of exercise.

But there's good news: you can do the same exercises and burn fat at your neighborhood **madison Alabama gyms**. If you can, join a group training session or create your routine. You can find more information about it further down.



How does it work?

According to an **affordable personal trainer in Alabama**, The best part of including HIIT into your workout routine happens after your daily workout. High-intensity interval training elevates or uplifts your resting metabolic rate for up to 48 hours after completing your workout activity. Strolling around and being yourself will burn more fat than if you didn't include HIIT in your training program. It occurs because biologically, there are two ways we are meant to move our body:

- Aerobically (traveling long distances on foot)

- Anaerobically (like sprinting away from danger)

Anaerobic training like HIIT uses fat for fuel, leaving us with a lean and strong body with a healthy heart, power, and speed. According to the **best fitness classes in Alabama**, a HIIT workout burns fat as fuel during your session. They split the participants in this study into two groups, one doing HIIT workouts three times a week and the other doing moderate-intensity continuous training three times a week.

According to the study, while both groups lost weight, the HIIT individuals could complete their workout in 40% less time than the moderate-intensity participants. One of the main advantages of HIIT's [best gym membership in Alabama](#) is that it saves time. According to a survey, the participants who did HIIT training reduced body fat after ten weeks.

At the same time, there are many fitness services out there that claim to save your time, give satisfactory results, and save up your time. HIIT is still one of the best workouts for efficiency and effectiveness.



Is it alright to combine strength training with HIIT?

In short, yes!. Push-ups, squats, and deadlifts are excellent strength-training exercises to integrate into your HIIT routine. We promote it! Several terrific, powerful training moves engage your complete body and employ all of your muscles, especially your legs and core. These exercises are excellent for increasing strength and raising your heart rate.

However, there is one caveat: if you are performing heavy weight training or powerlifting. Also, incorporating that level of weight into a HIIT exercise will be challenging.

Conclusion

We hope the above-given information tells us about the HIIT workout. The above articles focus on the benefits of involving HIIT workouts in your daily exercise routine. For more valuable information regarding HIIT, please visit [sweat440.com](https://www.sweat440.com/)(Madison).

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