

# Download How To Maximize Your Workout Using High Intensity Interval Training

High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval training (SIT), is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, until too exhausted to continue. The Guaranteed “Get Fit, Feel Great or Get Your Membership Dues Back” Online Workout Club and Coaching Program. High-intensity training (HIT) is a form of strength training popularized in the 1970s by Arthur Jones, the founder of Nautilus. The training focuses on performing quality weight training repetitions to the point of momentary muscular failure. Talanian JL, et al. Two weeks of High-Intensity Aerobic Interval Training increases the capacity for fat oxidation during exercise in women. *J Appl Physiol* 2007;102:1439-1447., How To Maximize Your Workout Using High Intensity Interval Training.

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