

Chapter 2: Benefits of HIIT



S1: In This video, we'll learn about the benefits of HIIT

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S5: While additional calorie burn, fat loss, muscle gain and improved endurance are a 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

- In simple terms, oxygen consumption can be described as the ability of the muscles to use oxygen
- For non-athletic personnel, typically this is possible only after regularly cycling or running but with HIIT, the benefits can be achieved by anyone and in a much shorter period of time

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S8: A study conducted regarding oxygen consumption stated that in a five-week time period, working out four days weekly with 20 minute HIIT workouts led to improved oxygen consumption by almost 9 percent of the subjects. The result is the same as cycling for 40 minutes every day which requires far greater energy.

So HIIT may improve oxygen consumption as much as traditional endurance training, even when you exercise for only half as long.

Cardiovascular Benefits

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Perhaps the most important thing in this regard is lowering resting heart rate and reducing blood pressure.

While it is well known that extreme training delivers extreme results, most people find it hard to push themselves to an anaerobic zone.

- HIIT training makes it easier to do so and push yourself to a level where your heart beats faster and you lose your breath and then recover in the rest interval that follows
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- HIIT can also help with lowering blood pressure levels as this form of intense exercise can help reduce arterial stiffness
- High intensity interval training can also improve endothelial function which is the ability of the arteries to dilate better than moderate intensity training
- Good endothelial function is also important for blood pressure control and blood vessel health

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Helps Reduce Blood Sugar

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- Not only does it improve metabolism but may also do the same for insulin resistance
- Patients with diabetes are often asked to exercise to bring their blood glucose levels down

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Boosts Metabolism

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- The effects of this mechanism can be felt for up to 48 hours after a HIIT workout
- This means that you will continue to burn fat long after leaving the gym

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Time Saving Features That Require No Equipment

- With HIIT you no longer have the excuse of not having sufficient time
- Another benefit of HIIT is that it doesn't require any specific equipment helping you save money while providing health benefits at the same time
- All that is required for HIIT is some space where and your bodyweight to get you started

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S19: With HIIT you no longer have the excuse of not having sufficient time. In fact, HIIT workouts are doable anywhere from your home to a hotel suite and even outside in the park.

Plus workouts are quick and short, with the longest being no more than 30 minutes at most. Who doesn't have time for that!

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Create Customized Workouts

- HIIT can be customized to your individual level and skills
- The most basic workout may use only body weight as the aim is to get your heart rate up and keep it there
- You get to pick any kind of exercise which elevates the heart rate and then create an interval workout

Create customized workouts

S20: If you are not up to using weights or machines for your workout, no worries. HIIT can be customized to your individual level and skills.

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HIIT Is Efficient

- If you have a busy schedule and are unable to work out regularly, HIIT is the thing for you
- If you have an event coming up for which you want to look nice, try HIIT as it is more effective than a regular workout and can provide noticeable results much faster

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