



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

THE TOP 3 REASONS TO DO HIGH-INTENSITY INTERVAL TRAINING (HIIT)



1. HIIT Burns More Fat in Less Time

High-intensity interval training is significantly more time efficient for losing fat than traditional “low-intensity steady-state” cardio (LISS).

This study conducted by researchers at the University of Western Ontario found that people lost more fat doing 4 to 6 30-second sprints (with 4-minute rest periods) than 60 minutes of incline treadmill walking.

17 to 27 minutes of high-intensity interval training resulted in more fat loss than 60 minutes of traditional bodybuilder cardio.

Research shows that HIIT:

- ✓ Increases your metabolic rate for up to 24 hours
- ✓ Improves insulin sensitivity in the muscles, which helps your body better absorb and use the food you eat (rather than store it as fat)
- ✓ Increases your muscles' ability to burn fat for energy
- ✓ Elevates growth hormone levels, which aids in fat loss
- ✓ Spikes catecholamine levels, which are chemicals that mobilize fat for burning
- ✓ Decreases post-exercise appetite, which helps prevent overeating

2. HIIT is Better For Preserving Muscle

There are four simple steps you can take to maximize fat loss and minimize muscle loss:

01 Use an aggressive but moderate calorie deficit.

02 Eat a high-protein diet.

03 Do 3 to 5 hours of resistance training per week.

04 Keep cardio to a minimum.

If you want to get really lean (sub-10% for men and sub-20% for women), there's a point where you have to include cardio in your routine to continue losing fat.

You don't need to do more than a couple hours per week to significantly increase fat loss, with each session lasting only 20 to 30 minutes.

3. HIIT Helps Curb Cravings

Overeating is the biggest enemy of fat loss and the biggest temptations to overeat are hunger and cravings.

This becomes particularly problematic as you get leaner and your "margins for error" with your calorie intake become very slim.

Research shows that HIIT in particular can cause changes in the brain that decrease hunger and the desire to eat and increase fullness from food eaten.

HOW TO CREATE THE OPTIMAL HIIT ROUTINE:

The type of cardio

Research shows that the type of cardio you do has a significant effect on your ability to gain strength and size through weightlifting.

It's also worth noting that you want to adjust your speed in your training more than the resistance settings offered by various machines. The goal of HIIT is to go fast and hard, not slow and hard.

The duration and intensity of the high-intensity periods.

Just to reiterate, the intensity target is V_{max} , which is the speed where breathing becomes labored and you feel like you can't bring in as much air as your body wants. It's about 90% of your "all-out" effort.

In terms of duration of high-intensity intervals, 50 to 60% of T_{max} (how much time you can spend at your V_{max}) is sufficient if your goal is losing fat and improving metabolic health.

For your intervals, you can either test your V_{max} (all you need is a stopwatch) or if you're new to HIIT, start with 1-minute high-intensity periods.

If your goal is also to improve your conditioning, then you will need to make your workouts progressively tougher.

Increase the duration and intensity of the rest periods.

Start out with a 1:2 ratio between high- and low-intensity intervals. For example, 1 minute at high-intensity and 2 minutes at low. As you get fitter, you can work toward a 1:1 ratio.

Your rest periods should also be active recovery, where you keep moving, not a standstill.

Increase the duration of the workouts.

Start your workouts with 2 to 3 minutes of low-intensity warm-up and then do 20 to 25 minutes of intervals followed by 2 to 3 minutes of warm-down and you're done.

Increase the frequency of the workouts.

This depends on your goals and what other types of exercise you're doing. I've found that 4 to 7 total hours of exercise per week is plenty for losing fat quickly and efficiently. Optimally you will combine resistance training and HIIT, which is best for both losing fat and preserving muscle.

The bottom line: Whether you want to lose fat or improve athletic performance or both, you want to include HIIT in your workout routine.

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