



Pure HIIT (High Intensity Interval Training) “Shock The Body”

I would like to give a more in-depth description of the HIIT workouts we do in the MetShock30 program. I think the term HIIT is thrown around a lot and often describes other forms of interval training and doesn't always refer to true HIIT workouts. The True HIIT workouts we will perform are most effective if you are able to reach your 100% max effort during these short workouts. With this in mind, there are some precautions and understandings I feel are important for you to be aware of.

MetShock30 incorporates a pure HIIT training session 2x in the first 30 days. We recommend working 2-4 sessions into your training regimen each month, but not closer than 7 days apart.

There are different types of interval training as well as high intensity training, but for our definition of Pure HIIT is a workout 20-30 minutes in duration including warmup through cool down and stretching. Consisting of a warm up phase, a workout phase with short intervals where you reach 100% maximum effort for 10-30 seconds.

We will focus on HIIT workouts using the training mode of sprinting but there are many modes of training that you can use to effectively integrate HIIT into your workouts. The most important thing is to become comfortable training at the 100% range so if you feel it would be safer to use other mode of training than sprinting then please do so.

Example HIIT Modes:

- Walking
- Running
- Cycling
- Rowing
- Climbing Stairs
- Running Hills
- Swimming
- Boxing
- Kettlebell / Dumbbells / Medicine Balls
- Bodyweight Circuits

High
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Training



HIIT workouts are very unique in that they have tremendous benefits related to fat loss, gaining lean muscle, battling aging and much more all in a workout that, in this program are performed every 7-10 days with each session and work interval being of very short duration.

The 100% maximum effort and all out sprinting can be intimidating to some and they may feel it isn't for them, but studies have proven HIIT workouts can be highly effective with people of any age and athletic background. As long as you follow a safe protocol and listen to your body

The key factors to understand are that we are talking about 100% max effort and this has nothing to do with the speed at which you're running or moving. Some people with little foundation in exercise can reach their max effort by briskly walking up a hill or set of stairs.

The benefits of HIIT workouts have been proven to far exceed that of long distance low to mid intensity cardio, when it comes to losing fat and staying healthy. These are certainly productive forms of exercise...but they're far from the optimal fat loss strategy.

The goal is to hit your 100% effort on the exercise you choose for 8-20 seconds. If you have never done this before or it has been a long time you are going to want to top out at a sub-max effort level and gradually work up to this over several HIIT sessions. Novices should start with a low impact option and work their way up to sprinting.

Designing a HIIT workout should include the following:

Warmup

Jog or light exercise for 3 minutes.

Dynamic Stretch

A routine lasting long enough to properly lengthen and stretch the major muscles of the upper body and lower body with special focus the main muscle groups and movements involved in the HIIT mode you'll be using.

Planning, Documenting & Analyzing Workouts

Planning the following components of your workout and documenting them for future reference and comparison will help you to develop the best routines and track any results in the future. You can use our free training logs to track such variables as:

- Date
- Total Time
- HIIT Mode
- Warm Up (Light Exercise & Dynamic Stretches)
- # of sets
- Duration of sets
- Recovery period
- Effort in each interval (Actual heart rate or Borg Scale of excursion)
- Cool down routine
- Stretch routine
- Notes



Ease Into Routines and Listen to Your Body

You may want to start with Lower Intensity Cardio sessions first if you have no base. If you get to where you can exercise at 70% of your max effort for 30 minutes you are ready to start working into your HIIT routine as a novice

Get Proper Rest & Prepare For Each Interval

Between max effort intervals you'll want to bring your heart rate and breathing back down to a relaxed state. This will be largely determined by your level of fitness and stress.

Cool Down and Stretch

After your last high intensity period perform a light jog or exercise for 2-3 minutes and even continue to walk for 1-2 minutes after the light exercise. Use developmental stretching by hold a static stretch for 30 seconds where you attempt to stretch a little further every 10 seconds, while using breathing techniques to assist in the deeper stretching. Stretch the major muscle groups of the upper and lower body.

More novice / beginner recommendations:

Beginners may want to start with a lower impact exercise than sprinting. For instance a stationary bike is a great way to start your HIIT workouts and then as you build your comfort level with this type of training you can work your way to a full sprint workout.

The interval training you receive in the Metabolic Shredding workouts, where you are reaching 70-85% of your max effort in various exercises will also help you to adapt to these Pure HIIT workouts.

Increasing the Intensity of HIIT workouts:

As you become acclimated to the HIIT workouts you may wish to increase the intensity of your workouts by change the duration of intervals to work different Anaerobic Systems. As well as, change up the types of exercises...

It will be important for you to listen to your body and back off if you feel the need to. You should never attempt to push through any pain. You should attempt to go into these workouts fresh and rested, properly stretch and warm up before attempting any max effort sessions.

Remember this is not a speed thing. Sedentary or untrained individuals may reach maximum effort walking up a hill, stairs or on a treadmill.

Rather than extend the length of the session with more intervals, you should attempt to increase the intensity with different exercises, shorter rest periods (making it possible to get in more HIIT periods in the same time). You can also change the gradient and use alternative HIIT methods to change things up and continue to Shock the Body.

The magic of HIIT happens when you hit 100% max effort. This is where your body is forced to adapt to the stress and evolve at a rate it never would without this type of exercise.



It may seem scary to many but you need to understand that, in order to see the change in your body we are striving for, it is all about reaching your 100% max effort and this may take a ramping up phase and adjustment in exercise mode to accomplish safely.

When starting out always stay in a zone that you are comfortable at and build up gradually to reaching your 100% max level.

How do I know I have reached 100% max?

You can calculate your max heart rate $220 - \text{age}$ and use a heart rate monitor or check your pulse directly after your sprint.

Or you can simply use the very reliable BORG Scale to measure your rate of perceived exertion. I think this works just as good as anything else and it teaches you to listen to your body. To use this scale you simply ask yourself on a scale of 1-10 how hard was I working? One being sitting and totally relaxed and 10 being your maximal effort.

Heart rate monitors are great for personal trainers to measure clients level of exertion or if you want to take your HIIT training to the next level, but the Borg Scale has been proven to be very accurate and will definitely get you started.

Example HIIT Sprint Workouts:

Novice HIIT Sprint Workout:

Perform this 3-4 times before moving on to the Intermediate HIIT workout

Workout

6-Sprints at 75% max for 10-20 seconds

1 minute rest between (take more if needed, heart rate and breathing should come back to relaxed pace before next interval is performed)

Intermediate HIIT Sprint Workout

Workout

6-Sprints at 75%-100% max for 10-20 seconds (build up as you see fit)

1 minute rest between (take more if needed, heart rate and breathing should come back to relaxed pace before next interval is performed)

Advanced HIIT Sprint Workout

Workout

8-9 Sprints at 100% max for 10-30 seconds (build up as you see fit)

1 minute rest between (take more if needed, heart rate and breathing should come back to relaxed pace before next interval is performed)

Pure HIIT

Warm Up:

2-4 minute light jog

Dynamic Stretching

- Skip (D-B)
- High Knees (D)
- Heel To Butt Jog (B)
- Knee Pulls (D)
- Quad Pulls (B)
- Low Shuffle (D)
- Crossovers (B)
- High Kicks (D)
- Lunge w/ Twist (B)
- Shoulder Rotation & Swings
- 5 - Inch Worm
- 10 Spiderman
- 5 - Squat to Stand
- 5 Squat Jumps

6-75% Max Speed for 8-15 seconds (working up)

*20 second rest between

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Exercise	Reps	Distance/Duration	Rest	Intensity

Notes:
