



## **H.I.I.T - High Intensity Interval Training**

1. Start by walking briskly for 5 minutes to warm up
2. 2. For 90 seconds slowly do your exercise of choice (this could be walking on a treadmill, sitting on a recumbent bike, or using an elliptical machine)
3. 3. For 30 seconds do the same exercise at the fastest and safest pace possible! Remember this is hard so take it slow until you become more fit!!
4. 4. Repeat this same 90 seconds slow followed by 30 seconds fast up to 8 times.
5. 5. The 90 second slow portion should be used as a recovery period so please do it slow and get up and walk around and even sip some water before your next 30 second high intensity interval.
6. 6. Refrain from eating any carbohydrates for 2 hours after this type of training