

# HIIT Workout Guide

High-Intensity Interval Training for Brain Health & Longevity

## What Is HIIT and Why Does It Matter?

**High-Intensity Interval Training (HIIT)** is a type of exercise that involves short bursts of intense effort followed by brief periods of rest or recovery.

HIIT is one of the most effective ways to improve your **VO<sub>2</sub> max**, which is the maximal oxygen consumption that your body can utilize during exercise. VO<sub>2</sub> max is a key longevity metric and a great indicator of overall fitness, which is why I've included HIIT as one of the three exercise pillars in Chapter 5 (alongside cardiovascular and strength training).

The beauty of HIIT is that it can be done with minimal equipment, it doesn't take long, and just one to two sessions per week can provide significant benefits. You can also use a wide variety of exercises, including cycling, running, rowing, and bodyweight exercises. Anything that gets you working at maximum effort will get the job done!

On the following pages, you'll find three popular frameworks along with a handful of exercises to get you started. All you have to do is choose a framework, pick the specific exercise(s) you'd like to use, and get moving!

## HIIT Frameworks

	<b>On &amp; Off Sprints</b>	<b>The Norwegian 4x4</b>	<b>Tabata</b>
<b>Work</b>	<u>40-60 seconds</u> (maximum effort)	<u>4 minutes</u> (maximum sustainable effort)	<u>20 seconds</u> (maximum effort)
<b>Rest</b>	<u>30-60 seconds</u> (active recovery*)	<u>3 minutes</u> (active recovery)	<u>10 seconds</u> (complete recovery**)
<b>Sets</b>	5-10	4	8 x 2
<b>Activities</b>	Running Cycling Rowing Bodyweight Exercises	Running Cycling Rowing	Cycling Bodyweight Exercises
<b>Notes</b>	This is a standard, versatile framework that works with many different activities. The longer your working interval is, the higher your rest period should be.	The goal is to work as hard as you can while completing the four minutes, such that you are unable to continue past the set duration. (Approximately 33% more than Zone 2.)	Tabata is typically used with bicycle sprints, but other activities can work. Ideally, you'll want to take a rest and complete the entire routine twice, for 16 total sets.

\*Active recovery involves light movement, rather than sitting completely still. Common options include walking, light jogging in place, or gentle cycling.

\*\*Complete recovery is sitting still.

## Bodyweight Exercises

If you're looking to complete HIIT workouts at home with minimal equipment, there are plenty of simple exercises you can use. Here are some of the more popular options.

UPPER BODY	LOWER BODY	FULL BODY	CORE
Burpees	Squat jumps	Jumping jacks	Russian twists
Mountain climbers	Lunge jumps	Sprint in place	Bicycle crunches
Push-ups	High knees	Jump rope	Dead bugs
Plank jacks	Jump squats	Quick feet	Leg raises
Bear crawls	Lateral lunges	Lateral shuffles	Sit-ups

## Continue Your Journey

Remember that building sustainable habits takes time, and you don't have to do it alone! If you found this information helpful and want to go deeper, I invite you to visit [www.TranscendHealthGroup.com](http://www.TranscendHealthGroup.com), where you can:

- **Join our community** of like-minded individuals who are committed to optimizing their health and longevity in our group membership program
- **Work with me one-on-one** through personalized coaching to create a framework that fits your unique goals, preferences, and purpose

Everything we do is built around one simple goal: providing you with the latest research, ongoing support, and practical strategies to help you build the healthiest version of yourself.