When designing an interval workout, consider:

- Intensity of work interval
- Duration (distance or time) of work interval
- Duration of rest or recovery interval
- Number of repetitions of each interval

Types of Interval Training:

**High Intensity Interval Training (HIIT)**
Basic form of interval training that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest.

Benefits:

- Can be done anywhere
- High calorie burn
- Short duration - saves time

Research:
One study showed that just two weeks of high-intensity intervals improves aerobic capacity as much as six to eight weeks of endurance training.
High-volume HIIT protocols have been shown to improve cardiovascular fitness in many studies, including those with Coronary Artery Disease, metabolic syndrome, and obesity.

**Exhaustion Supersets**

Benefits:

- Greater recruitment of muscle fibers
- High heart rate
- Increased calorie burn
- Decreased time

**Pre-exhaustion vs. Post-exhaustion**

**Pre-exhaustion Supersets:**
Beginning with a single-joint, isolation exercise and then doing a compound, multi-joint exercise for the same muscle without rest between sets

**Post-exhaustion Supersets:**
Beginning with a compound exercise and then doing an isolation exercise for the same muscle without rest between sets
*This method recommended for Group Exercise setting verses pre-exhaustion sets because of the risk of poor form in a more complex movement when moving from isolation to compound in a group setting*

**Push/Pull Supersets:**
Beginning with one exercise and then doing an exercise for the opposing muscle group without rest between sets
Tabata
A form of interval training that lasts 4 minutes, including 8 rounds of a movement with 20 seconds of activity and 10 seconds of rest or active recovery.

In the original research study done by Izumi Tabata in Japan, it was found that athletes who trained with this method increased their anaerobic and aerobic capacity more than athletes who trained with steady-state endurance.

Interval Training in a Group Exercise Setting:
- Know your music - use strong parts of music for high intensity interval bursts
- Stop watch/timed intervals
- Can use the 8 count for counting repetitions
- Modifications!
- Beat-based format with coaching techniques (similar to a boot camp, but can use the beat)

Resources:


The Workout

Warm Up: 6 Minutes (2 three-minute intervals) (Track 3&4)

Cardio HIIT:
3 Minutes: (Track 5)
Jump Rope (15s)
BURPEES (15s) (@ chorus)
Scissor Legs (30s)
Ski Jumps (15s)
Knee pull (15s) - modify or progress
BURPEES (30s) (@ chorus)
Mountain climber (15s)
Knee Pull (15s)
BURPEES (15s) (@ chorus)

Push/Pull Supersets:
3 Minutes: Dumbbells (Track 8)
Pushups
Plank Rows

3 Minutes: Stability Ball (Track 12)
Lowback Raises
Jacknife [modified]

3 Minutes: Stability Ball/Dumbbells (Track 6)
Crunches on Ball
Deadlifts

Cardio HIIT:
3 Minutes: Step (Track 13)
Toe taps (15s)
Jacks (15s)
Step Touch [and throw]
4 Mnt Climbers + Squat Jump (on chorus) x 8
Toe taps (15s)
Jacks (15s)
Step Touch [and throw] (15s)
4 Mnt Climbers + Squat Jump (on chorus) x 8
Toe Taps (15s)

Exhaustive Supersets:
3 Minutes: Dumbbells (Track 14)
Squats (+ overhead press)
Unilateral leg balance + Knee Extension and Press

3 Minutes: Resistance Band (Track 15)
Lat Pulldown
Upright Row
Bicep Curl
3 Minutes:
Lateral Squats
Side Steps
Band Walking

(Track 16)

6 Minutes:
Resistance Band
Side Steps
Band Walking

(Track 17)

3 Minutes:
Single Leg lunges (1.5 minutes ea leg)
Bridge to Ham Curls (3 minutes) + Ball Pass

(Track 11)

3 Minutes:
Arnold Press/Upright Row
Lateral to front raise

(Track 9)

3 Minutes:
Dumbbells

(Track 17)

Tabata:
3 Minutes:
Step

(Track 10)

20 on, 10 off
Jump up & back 6 counts, up and down 2 counts (x 5)
March 8 counts (x 3)
6 Rounds!

Cooldown
Stretch

(Track 17)

(Other Track)