

The Institute of Human Performance presents:

IHP SEMINAR SERIES

INSTITUTE OF
HUMAN
PERFORMANCE
THE UNIVERSITY OF HONG KONG

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The principles of HIIT and how to create your own workout

When asked about the best way to lose fat, most people would think of cardio, long, boring runs and endless hours on the cardio machines. Yet there is another method that takes less time and is more efficient to get the same results. This method is called High Intensity Interval Training (HIIT) and it was the topic of the IHP Seminar Series on the 25th of January led by our exercise specialist Yenkit Man.



During the seminar participants were introduced to the history of HIIT and how it developed from a simple running training with alternating fast and slow runs to a science-based training protocol, such as the famous Tabata Protocol. When talking about this world famous training method, the participants quickly began to ask questions about the frequency and intensity of various training protocols, already trying to see which one fits best with their own workout.

Following these questions, Yenkit explained how to create a HIIT workout, focusing on variations in the duration, rest period, intensity and frequency of a HIIT workout. He also stressed the importance of choosing a suitable yet challenging intensity, since the essence of HIIT lies in its high intensity. As part of the workshop, each participant received a sheet on which he/she, with a little help from our exercise specialist, could create his/her own HIIT workout.



Furthermore, Yenkit discussed the benefits and popularity of HIIT, as some research has shown that HIIT is more efficient than continuous, steady-state exercise training and can be easily modified for people of all fitness levels and special conditions. People also find HIIT more enjoyable than traditional steady-state exercise.



Lastly it was time to get moving, where the participants were challenged with HIIT in practice. Four exercises were chosen and with 30 seconds of workout time alternated with 30 seconds of rest, the participants completed a workout within 12 minutes, doing three rounds of High Intensity Interval Training. All worked hard and finished strong!!

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