30 Minute (Higher Intensity) Interval Training (HIIT)
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Definition: HIIT is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.

Modification: HIIT (older adult) will incorporate several intervals of higher intensity movements RPE (8/10) followed by slightly longer intervals of recovery (4/10).

1. Improves functional capacity, muscle power, physical performance, prevents falls and focuses heavily on lower limb strength
2. Work at a higher level to increase health benefits
3. Backed by science
4. As per lecture: takes the fear level down
5. Good addition to current fitness regime - recommended 2-3X week, day off in between
6. Doable for everyone due to options - today's workout using chair and hand weights, therefore simplicity is optimal
7. 10 exercises x 2 + w/u and c/d = 30-minute workout
8. RPE highlighted 8-4 and talk test recommended (more difficult to carry on a conversation during work periods)
9. Less workout time!

WORKOUT – Light Weights

A. Warm-Up (5): marching, side steps, double side steps, back lunges, little squats up to speed, modified jacks, boxing, hamstring curls, light jogging.

B. Workout (20): (10 exercises x 2) - first 5 = 30/30 (aiming 7/4 RPE) – next 3 = 15/45 (aiming 8-9/5 RPE) - last 2 = 30/30 (aiming 7/4 RPE)

30/30 First 5 7/4

1) Marching with or without weights (modifications - whts, pace, chair)
   a. Recovery 1st – marching
   b. Recovery 2nd – into step touches modified
2) Step touches with or without weights (modifications - whts, pace, depth)
   a. Recovery 1st – step touches
   b. Recovery 2nd – squats modified
3) Squats with double pump with or without weights (modifications - whts, pace, depth, chair)
   a. Recovery 1st – squats
   b. Recovery 2nd – modified jump jacks
4) Jump jacks with or without weights (modifications - whts only shoulder height, pace with arms overhead, depth using squats and hold weight at chest)
a. Recovery 1st – jump jacks
b. Recovery 2nd – modified boxing

5) Boxing without weights - upper cuts x 4/cross jabs x 4/add on kicks to side x 4
   (modifications - pace, depth, plyo)
a. Recovery 1st – boxing
b. Recovery 2nd – modified double step touch

45/15 next 3 8/9-5

1) Double step to side with or without weights and cross arm at each end (modifications - whts, pace with shuffle, depth)
a. Recovery 1st – double step to side
b. Recovery 2nd – modified knee lifts
2) Knee lifts - front and side x 2 each - core focus with or without weights (modifications - whts, plyo, depth and repeater of 8 at end of interval)
a. Recovery 1st – front and side knee lifts
b. Recovery 2nd – modified squats with snatch
3) Squat with snatch, with or without weights, focus on balance (modifications - chair, depth, o/h arms, whts, pace)
a. Recovery 1st – squats with snatch
b. Recovery 2nd – modified alternating back lunges

30/30 7/4

1) Alternating back lunges (modifications - whts, plyo/power, depth and repeater x8 R&L at end
a. Recovery 1st – alternating back lunges
b. Recovery 2nd – modified basic forward and backward march
2) Basic or forward/backward march (modifications - whts, depth, plyo, syncopated)
a. Recovery 1st – basic forward and backward march
b. Recovery 2nd – basic forward and backward into easy step

C. Cardio Cooldown/Dynamic/Static Stretches (5): Same as warm up in reverse, emphasis on slowing down RPE/heart rate/ dynamic stretches followed by static stretches for major lower limb muscle/joints utilized