



HIIT Practical Application Part 2

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The main HIIT component styles

There are many different styles of HIIT circuit available to you. Whichever you choose, practice the circuit (or elements of it) before delivering it for the first time, to be sure that it 'works'. Styles of HIIT circuit include:

- Single exercise
- Traditional station circuit
- Layering
- 'You go I go'
- EMOM
- PHA
- EDT

Single exercise

If you are looking for a specific benefit from a HIIT class (ie, sports specific), you may choose to include just one exercise to be repeated ad nauseum. In this case, the duration and intensity of the session will be governed by your client's fitness levels and motivation. You can find examples of some single exercise sessions in the 'Example HIIT Sessions' lesson

Traditional station circuit

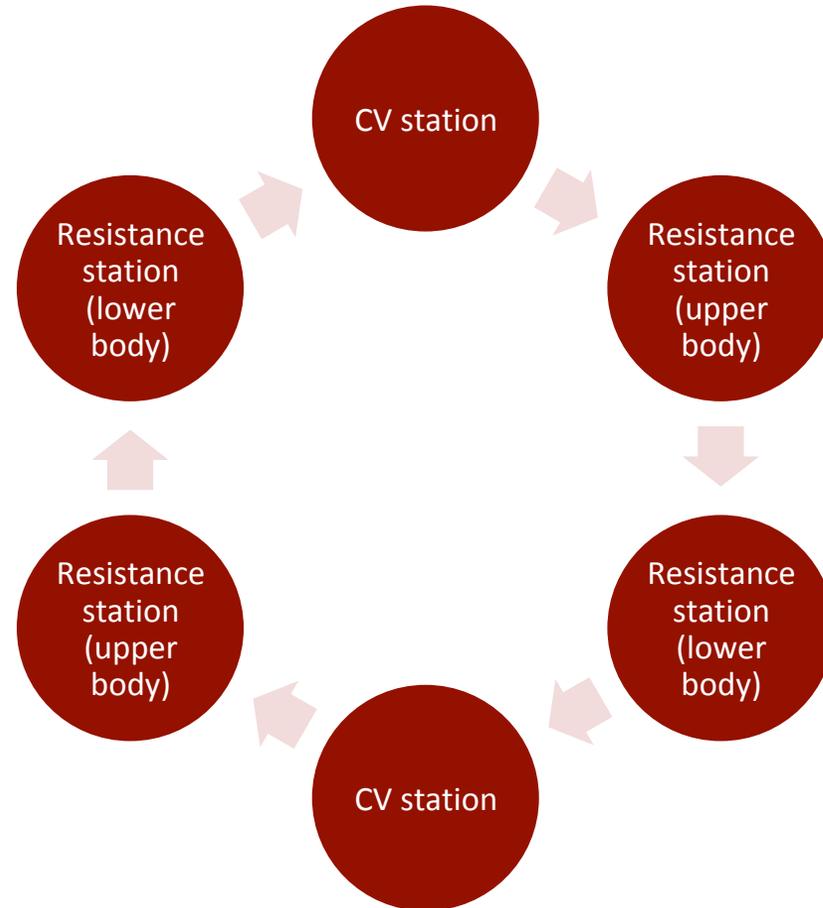
In a traditional circuit, attention should be paid to the stations to participants ratio

Each station should have progression/regression variations available

Exercises should be explained and demonstrated in advance

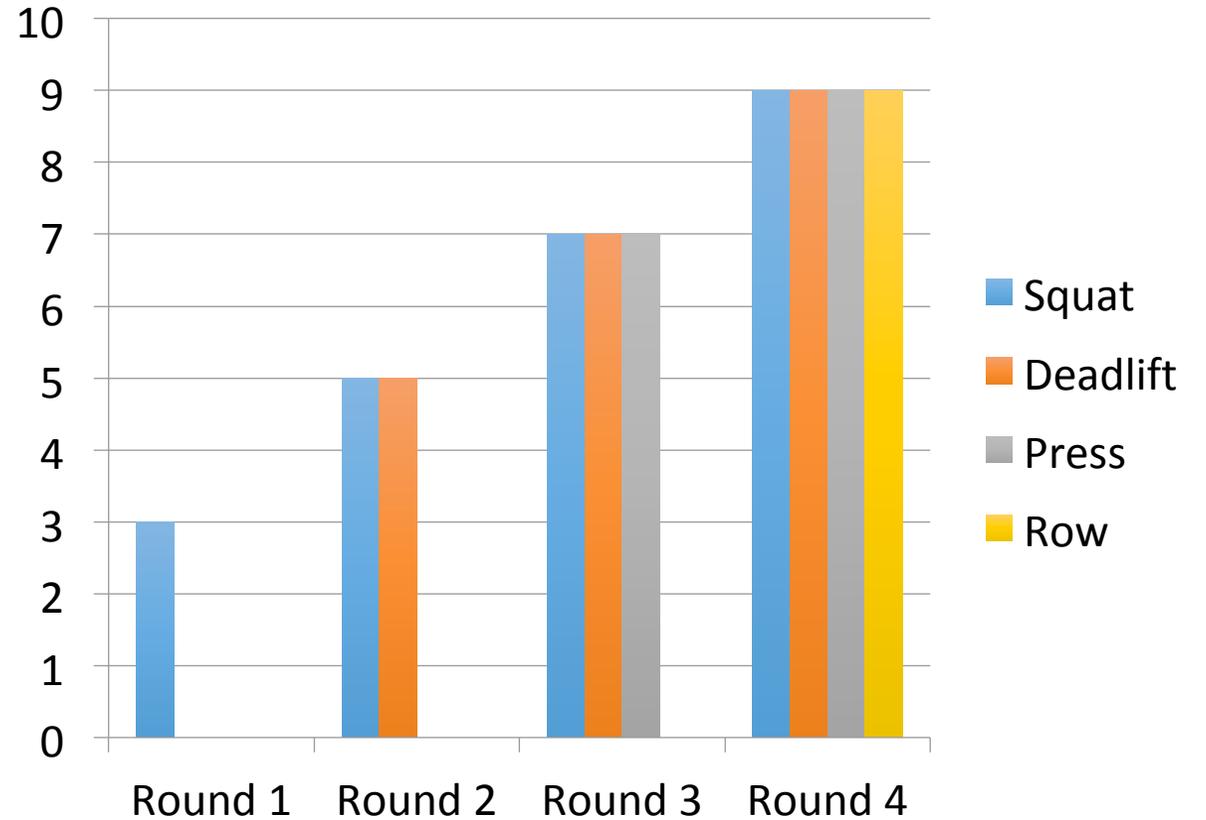
Work:rest ratio's should be in order of 2:1-6:1

Stations usually work different areas of the body in order for a high intensity to be maintained without fatigue, though exercises can be 'super-setted'



Layering

In a 'layered' circuit, exercises or repetitions of exercises (or both) are progressively added to each round of work. Breaks between round are kept short.



You go, I go

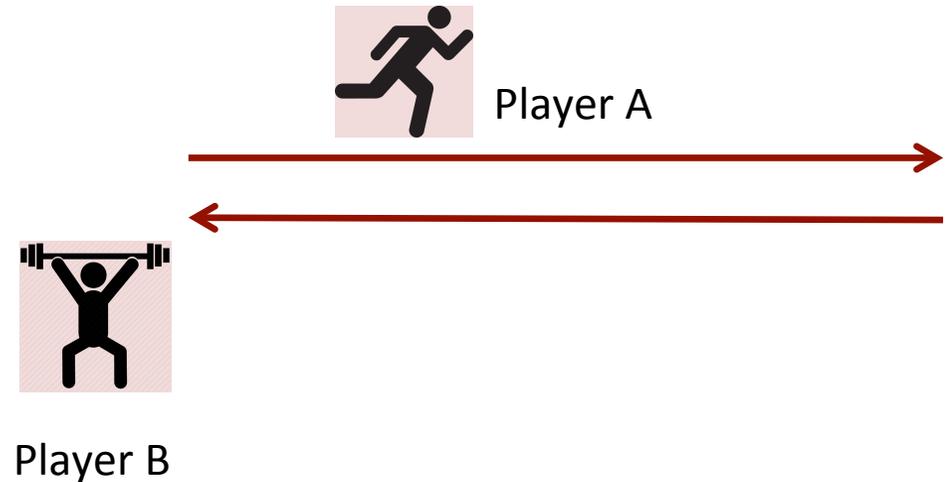
'You go, I go' is a partnered or team circuit

One person remains at 'base' completing As Many Reps As Possible (AMRAP) of an exercise, whilst the partner completes lengths of a loaded carry or other movement

At the end of a set time, positions are alternated to complete the round

More than one round can be completed and exercises can be changed

This type of circuit can be made competitive by adding the number of reps and lengths cumulatively scored (Shouting out rep count as completed can help prevent cheating! Scores to be written on whiteboard)



Every Minute On the Minute (EMOM)

EMOM is exactly as the name describes: Every minute, on the minute a series of exercises are performed

You can do as many rounds (minutes) as you like – the usual is around 12

Initially the instructor would choose 3-5 exercises (and rep numbers) so that cumulatively, they take approx 40 seconds to complete

The remainder of the time left in the minute is rest. As the rounds progress, clients fatigue and rest becomes less and less

The aim is to complete the EMOM without getting to zero rest

This can be combined with layering to make a truly hard circuit!

Peripheral Heart Action (PHA)

PHA training utilises a technique that causes the heartrate to remain elevated throughout the session

By alternating upper body and lower body and interspersing bouts of high intensity CV activity, the heart has to work hard to shunt blood around the body – elevating the HR beyond the ‘norm’ for a traditional circuit

PHA works best if compound exercises are used as these have the largest blood requirement, Eg:

1 min renegade row

1 min squat jumps

1 min assault/air bike

Repeat x 4 rounds

Escalating Density Training (EDT)

EDT training involves completing two super-setted exercises AMRAP for a set period of time

Rest is kept to a minimum

For HIIT EDT, exercises are best if they are compound and require some movement, in order to elevate HR as much as possible, Eg:

12 reps plank walkout

12 reps bench get-up

Repeat for 15 mins

Total number of reps or rounds is recorded

In future sessions the objective is to beat this figure – hence ‘escalating density’ of training