



Worksheet : The Importance of Interval Training & The Opportunist Method

What does HIIT stand for?

H
I
I
T

What is HIIT?

Why should you work out using this method?

What two forms of training can you combine to increase benefits of the after burn?

For how long post workout will that burn last?

- a.) Up to 1 hour
- b.) 24 hours
- c.) 3 days

How can you create a fun diverse complete exercise program that you will enjoy? What are your best opportunities to cross train fitting to your lifestyle? Stroller racing, spinning, swimming etc... Think outside the box.

The Opportunist method is one of the best ways to Gain m_____, lose ____, i_____ cardio aerobic capacity, Oxygenate your _____, increase endorphins and maintain _____ density.

What are 3 activities that you have never tried that you can incorporate into your well rounded program?

- 1.
- 2.
- 3