

ATP-CP: Fast useable energy, stored as ATP in the muscles. 1-3 seconds.
Glycogen Lactic Acid System: Fairly fast energy that causes a build up of painful metabolites. Several minutes.
Aerobic Energy: Slowest system that burns fat using oxygen. Indefinite.

Kettlebells and battle ropes are ideal for HIIT training thanks to their ability to provide 'concurrent training' or 'resistance cardio'. You can train your cardio fitness but while against resistance.

The Energy Systems

Concurrent Training

Tabata means:
20 seconds high intensity
10 seconds rest
8 rounds
Only for the experienced!

Tabata

hiit workout

The Basics

HIIT involves switching from high intensity to low intensity. This means you are going from ATP-CP and Glycogen LA to aerobic.

You do this by training at 90-100% MHR (Max Heart Rate) for 30 seconds to 2 minutes and switching back to 70% for 1-3 minutes.

This burns more calories in less time and causes the 'afterburn effect'. It is great for fitness and VO2 max.

Great HIIT Exercises

- * Kettlebell swing
- * Running
- * Cycling
- * Swimming
- * Punch bag
- * Jump rope
- * Rowing
- * Battle ropes
- * Calisthenics circuit
- * Tuck jumps

What is Metabolic Conditioning?

Metabolic conditioning means that you are using HIIT as part of a resistance circuit. This is a great way to build fitness while adding muscle and losing fat. Design your circuits smartly though and think about sequencing!