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.





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



hiit workout



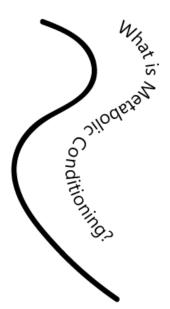
HIIT involves switching from high intensity to low intensity. This means you are going from ATP-CP and Glycogen LA to aerobic.

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.



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



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!