

Let's examine the trend  
of High Intensity  
Interval Training  
(HIIT)

# The Little River Post

4216 Evergreen Ln STE 121, Annandale, VA 22003

VOL... No.5

JUNE 2024

DIVE RIGHT IN!

Disclaimer: This newsletter is not a substitute for medical advice.

Contact The Little River Post:  
thelittleriverpost@gmail.com  
Book an Appointment:  
<https://littleriverpt.com/v2/>

## WHAT IS HIIT TRAINING?

By ROXANNE FISHER

High Intensity Interval Training, otherwise known as HIIT, is a form of exercise based on exercising and taking breaks in intervals rather than doing cardio at a steady rate. In a normal cardio session, you jog or cycle or an hour for a half hour at a steady rate, but in a HIIT cardio session you spend 30 seconds sprinting and then take a break for a minute and a half and repeat. The scientific basis for HIIT is found on the work of Dr. Gibala, who found that HIIT improved the performance of already high performing athletes. There has been no peer-reviewed research published on HIIT in non-professional athletes. However, during the pandemic a trend emerged in which the principles of HIIT were applied youtube videos produced for the public by youtubers such as Chloe Ting. This recent evolution of HIIT includes not just cardio but also body weight lifting exercises.

## ASK YOUR PT: DR. FISHER'S ADVICE ON HIIT

By LISA FISHER

I see a lot of people in my clinic who were injured from trying HIIT routines. HIIT routines can look deceptively safe, because they mainly rely on body weight exercises and transitioning rapidly from one motion to another, such as transitioning from a sideways plank to a regular plank, but when done without already having built the sufficient muscular strength these routines can easily lead to injury. I find this especially happens with individuals with weak core strength who can momentarily physically execute the movement but don't have the requisite muscular strength and don't know the correct form. I would proceed with caution when trying out online fast paced exercise programs. While these fast-paced routines can be appealing because of the adrenaline rush, moving so quickly into different positions without a proper focus on form will often result in injury.

In general, women have more to take into consideration than men when planning their workout routine because of the menstrual cycle,

which I would encourage women to be cognisant of. A study published in the Journal of Medicine and Science in Sports Exercise found that female soccer players are six times more likely to sustain injuries in the days leading up to their period.

## 30 SECOND ROUTINES

By LISA FISHER

Here are some suggestions for getting your heart rate up within 30 second intervals throughout the day. Choose something you can safely do. Even if you think the exercise is easy for you, you may be surprised at how quickly it will get your heart rate up. Consult the American Heart Association Website or your doctor to get a good target heart rate for your age. But here is a general formula:

$(220 - \text{your age}) \times 70\%$

1. Jog in place.
2. March in place with high knees.
3. Jumping jacks (can be done seated or standing.)
4. Sit-to-stand or squats.