I'm not a bot

This collection of High-Intensity Interval Training (HIIT) workouts is designed for all fitness levels, making it easy to integrate exercise into your daily routine. These workouts help you build endurance, burn fat, and improve overall fitness—all in less time than traditional training. Each workout is time-based, so you can easily adjust it to fit your schedule. Some routines take just 10 minutes, while others last up to 35 minutes, giving you the flexibility to train efficiently, no matter how busy you are. Download for Free No ads, no sign-ups - just a high-resolution collection, free for everyone thanks to community support. Download | GDrive | PDF | 15Mb Creating this collection took a lot of work, and most people would never make it available for free - but we chose to, because we believe everyone should have access to it, not just those who can afford to pay. If the digital version meets all your needs and you're in a position to contribute, please consider making a donation. Your support helps us continue providing high-quality resources for everyone, regardless of their financial situation. Prefer a Paperback? Available at local bookstores or online: Amazon: Amazon.com | Amazon.de | Amazon.co.uk The paperback edition contains the same free content but is a great way to introduce someone to bodyweight HIIT training offline. When you purchase a paperback, you only cover printing and store fees - DAREBEE receives just $1 per sale, which directly supports the development and maintenance of this resource. In this category, you will get all types of Weight loss related articles such as weight loss exercise, diet plans etc. Do check out to know more! Cornflakes are a universal breakfast phenomenon. In 1894, Dr John Harvey Kellogg created them at Battle Creek Sanatorium, Michigan, as a healthy, toasted flake of corn for cereal. Dr Kellogg believed digestive well-being was an entryway to overall wellness. [1] Initially they were known for easy digestion and became a... Millets are currently the star of diet plans. Health experts around the world recommend millets for weight loss. Well, they do deserve every bit of this attention. These gluten-free whole grains, loaded with protein, fibre and antioxidants, nourish your body, keep your gut clean and aid in weight loss by... Are you looking for a natural and effective way to shed extra pounds? What if we told you that you can have apple for weight loss? Apples are a low-calorie, fibre-rich fruit that helps curb hunger, boost metabolism, and support fat loss. Packed with essential nutrients, they make a perfect... If you are focusing on creating an effective weight loss diet, have you heard of using pumpkin for weight loss? Pumpkin is a highly nutritious and versatile vegetable that is perfect for a weight-loss diet due to its low-calorie content. Rich in fibre, pumpkin helps manage hunger and supports digestion,... Brown rice, a whole-grain variety, has been gaining popularity as a healthier alternative to white rice. It is packed with nutrients, rich in fibre, and offers a lower glycemic index, making it an ideal choice for those aiming for weight loss. Whether in salads, stir-fries, or porridge, brown rice for... Breakfast worldwide is incomplete without bread. But do you know that by simply replacing white bread with brown bread, you can take significant steps in your weight loss journey? White bread is made of refined flour, while brown bread offers the goodness of whole grains. Due to its rich dietary... It's difficult to think of breakfast without including eggs in it. Eggs are versatile for cooking in varied forms. Each of us has a favourite egg recipe that is delicious, fulfilling, and highly nutritious. Do you know that eggs can also play a part in your weight loss journey? Eggs... A 2000-calorie diet plan is a balanced plan that meets most adults' average daily needs in calories, guaranteeing good health and maintaining weight at a healthy level. [1] This plan helps guide appropriate portion sizes and intake of nutrients necessary to provide the proper amount of proteins, fats, and carbohydrates for... If you have the same question in mind as others, "Does skipping reduce belly fat?" we have accurate answers. Skipping is among the most popular cardio exercises, praised for encouraging fat burning and contributing to great physical well-being. [1] Many people skip to lose weight and firm up their bodies;... Did you know papaya, a delicious tropical fruit, is a fantastic intake to support your weight loss journey? Super low in calories and high in fibre, papaya for weight loss might be just what you need to stay fit and healthy! The fruit comes packed with vitamins, fibre, and enzymes... Thanks to Crossfit, rowing has continued to rise in popularity. And regardless of how you feel about this style of functional training, one thing we can all agree on is that Crossfit routines are tough, and rowing is no exception. Performing low-intensity steady-state exercise on the rowing machine is challenging enough, and it gets even more difficult when you turn it into high intensity interval workouts. Whether your goal is to improve your cardiovascular health, increase your fitness levels, or support your weight loss goals, a HIIT rowing workout won't disappoint. With that said, read this article, pick the HIIT workouts you like the best, and head to your gym to get your row on! Table of Contents: What is the Rowing Machine? Proper Rowing Form What Is HIIT? Best HIIT Rowing Workouts Rowing HIIT Workout Training Benefits Tips For Getting The Most Out Of Your HIIT Rowing Workout Summary of HIIT Rowing Workouts What is the Rowing Machine? Rowing is one of the best cardio workouts you can do. Plus, unlike many other forms of cardiovascular exercise, indoor rowing workouts focus on the upper and lower body. In fact, if you check out our article on what muscles a rowing machine works, you'll see it truly is a head-to-toe workout. The rowing machine is intended to mimic the sport of rowing while allowing you to train inside. It uses a seat that slides back and forth on a track, enabling you to push your body back and pull it forward. In addition, a handle is attached to a string and flywheel, which uses various forms of resistance, including pneumatic, water, and magnetic. For those interested in the magnetic option, check out our article Hydrow Rower Review that offers a firsthand look at one of the best options on the market, perfect for any home gym! Regardless of what type of resistance your rowing machine uses, you will be able to make it harder or easier to row. Usually, this involves some sort of lever that can be manipulated while you sit, allowing you to adjust your speed while training. Toward the end of the machine are feet pads with straps. Most feet pads have a heel lock that allows maneuverability in the foot and tightening straps to keep your feet snug. Correct Rowing Technique: There are numerous parts to proper rowing as it utilizes the entire body. Building the correct technique can take some time for some people, so be sure to spend time practicing the movement before you try increasing speed or power. How to use the Rowing Machine: Sit on the rower's seat, placing your feet in the foot straps. Tighten the straps, as you will need to pull your body back. Loose straps can decrease the effectiveness. Reach down and grab the bar with an overhand grip. Pull it back so you're sitting with your legs extended and torso vertical. This is the starting position. To start rowing and begin your first stroke, simultaneously lean forward, pulling your body forward while performing a leg curl. Pull and reach as far as you can. Your hands should reach at least mid-shin. Keeping your arms straight, push your body back by extending your legs and slowly extending your back. Your back should remain straight and your shoulder blades should be pulled back. Once the handles pass your knees and your legs are almost fully extended, begin performing a row with your arms. Aim to pull the handle toward your chest while you continue to extend your back. Ideally, this all happens with one fluid motion. Your ending position should be with your torso slightly leaning back. What Is High-Intensity Interval Training? High-intensity interval training, known as HIIT, is a form of cardio exercise that uses alternating work and recovery intervals. The work intervals consist of short bursts of work using maximal high intensity. HIIt training intervals are usually around 20-30 seconds. If you go much longer, most people have a hard time maintaining the proper intensity for the entire workout. Unlike traditional interval training, recovery intervals are short. Often, the recovery interval is shorter than the work interval, with the longer rest intervals equaling a 1:1 ratio. 6 Best HIIT Rowing Workouts Let's get into some great HIIT rowing workouts that you can use in your training program. Even though HIIT is pretty specific in its design, we can manipulate some variables so it aligns with your goals. Here are the best HIIT rowing workouts to help you hit your training goals, regardless of your fitness level. We're certain one is the perfect rowing machine HIIT workout for you! 1) Beginner HIIT Rowing Workout: Beginner HIIT workouts are a bit of an oxymoron as HIIT is an advanced form of training. In fact, many people who think they're doing HIIT aren't. Rather, they're just following a HIIT protocol. But even if you don't have the fitness ability to perform a perfect HIIT workout, you can still start training for one. To do so, you'll use a relatively short work interval and a longer rest period for this HIIT rowing machine workout. Around 20 seconds works best as a work interval for beginners as it's long enough to push yourself, but it's over relatively fast. Then use 40 seconds as a rest interval, which is double the length. Do this for 10 minutes and gradually start to increase your intensity. HIIT Rowing Workout For Beginners Guidelines: 20 Seconds Work 40 Seconds Rest (Low Intensity) Total Workout Time: 10 Minutes 2) Endurance-Based HIIT Rowing Workout: Venturing from a typical shorter HIIT session, this HIIT row workout is great for endurance-focused gym goers who enjoy longer routines. The total training time is 45 minutes, following a work-to-rest interval of two minutes and 30 seconds. This includes 30 seconds of work and 2 minutes of recovery. As the total time is longer, you will only use 30 seconds for work. For the recovery, you will use a slower pace of around 60-70% max heart rate, depending on your ability. This is basically LISS cardio with short bursts of high intensity. Keep in mind this doesn't need to be full intensity but should be above 90% max heart rate. Endurance HIIT Workout Guidelines: 30 Seconds Work 2 Minutes Rest (Low Intensity) Total Workout Time: 45 Minutes 3) Fat-Burning HIIT Rowing Workout: The goal of a fat-burning HIIT rowing workout is to maximize caloric burn. Although HIIT does provide a great calorie burn, you need an efficient exercise format to allow for maximal calorie burn. To do this, perform a longer HIIT workout of 30 minutes. Because it's a longer HIIT workout, you need to use a work-to-rest ratio that's a bit on the lower end. You need a longer recovery to continue going the distance, so we suggest using a 1:1 ratio, as this will be enough to allow for high effort. For the work, don't perform an all-out sprint. Work up to about 90% max heart rate, which is hard but manageable in spurts for long workouts. During your recovery, don't come to a complete stop, but keep your intensity low. Fat Burning Rowing HIIT Guidelines: 1 Minute Work 1 Minute Rest Total Workout Time: 30 Minutes 4) Time-Efficient HIIT Rowing Workout: One excuse many people have for not doing cardio exercise is time. One of the great things about HIIT is that you can make it the most efficient exercise format around. For example, look at Tabata, which is a specific type of HIIT (technically, it's different as you don't completely stop during the recovery). It's only 4 minutes long, produces significant cardiovascular system adaptations, and improves various fitness variables such as VO2 max. However, to get these results, you need to work hard. For this, we want to use 45 seconds of work and 15 seconds of rest for 5 rounds. This puts the total work time at 5 minutes. It's going to be a tough 5 minutes, but it will be over fast. This is a great option for the trainee who is short on time but knows they shouldn't ignore their cardio exercise. Fast HIIT Rowing Guidelines: 45 Seconds Work 15 Seconds Rest Total Workout Time: 5 Minutes 5) Fun HIIT Rowing Workout (Fartlek Style): For some trainees, the structure of a HIIT rowing workout can be off-putting. This is understandable, but remember, there is no guide you must follow when performing HIIT. You can do what you want as long as you follow the primary variables. This is why we sometimes like using a mixed circuit when performing rowing machine workouts. To keep it simple, always have your intervals on the minute. For example, you can have your work interval and recovery interval equal 1 minute (i.e., 20:40, 30:30), or you can use the entire minute for work, followed by an entire minute for recovery. The great thing about this approach is you can build a HIIT workout for various goals or circumstances. It really gives you the freedom to train as you want, making it a must for any workout split. Fun HIIT Rowing Workout Guidelines: Various Work-To-Rest Intervals, Lasting One Minute Total Workout Time: 20 Minutes 6) Pyramid HIIT Rowing Workout: Here's an interesting pyramid-type HIIT rowing workout to switch things up. You will gradually increase the interval time while switching back and forth. For example, you will use a long work interval with a short recovery interval followed by a short work interval and a long rest period. Pyramid HIIT Rowing Guidelines: 25 seconds work/35 seconds recovery 30 seconds work/30 seconds recovery 35 seconds work/25 seconds recovery 40 seconds work/20 seconds recovery 45 seconds work/15 seconds recovery 50 seconds work/10 seconds recovery 10 seconds work/50 seconds recovery 55 seconds work/5 seconds recovery 5 seconds work/55 seconds recovery 1 minute work/1 minute recovery Total Workout Time: 11 Minutes Benefits Of Rowing Workouts Rowing is a very challenging form of training that provides a unique combination of cardio and muscular endurance training. In this aspect, it's somewhat similar to swimming. Regardless, here are two reasons you should include it in your workout program. 1. Trains The Whole Body: Similar to an assault bike workout, rowing is a true full-body workout requiring your lower body to push and pull your body while your muscles and core help pull the handle. It's not uncommon for people to start rowing and think it's easy. But, five minutes later, they're dying, which can be attributed to the upper body muscular endurance that's required. In fact, it's actually more similar to anaerobic endurance as you must complete repeated bursts of maximal efforts. If you think of doing a dumbbell row with a weight that's 50% of your 1RM, the first few reps are easy. However, just like rowing, it starts to become very challenging. 2. Great for blasting fat and burning calories: The great thing about HIIT is that because you are working so hard during work intervals, you burn a ton of calories in a short period. You'll be in and out of the gym faster and have a higher calorie burn to show for it. 4 Tips For Performing HIIT On Rowing Machines Make the most out of your HIIT rowing workout by following these 4 tips. 1. Don't Go Fast. This might sound a bit counterintuitive, as going fast is the epitome of HIIT. However, it's actually very difficult to go fast with HIIT and maintain complete control due to how the rowing machine works. As mentioned, there's a flywheel that rotates, which lets the cable out and then reels it back in. The problem is that you can't make this go any faster than it's able to. You have probably seen people trying to go fast, which creates slack in the cable, resulting in banging around and an unfluid movement. Rowing isn't really a fluid movement, to begin with. Compared with cycling, which is consistent, rowing occurs through the repetition of strokes. When combined, going at maximum effort will look different. The best strategy is to find a harder setting that allows for a powerful stroke. For most people, this will likely be the hardest setting. You will then use maximum effort per stroke. Once you feel confident with the biomechanics, you can then start gradually increasing your speed. 2. Use Slightly Longer Intervals. Because the movement pattern is a little bit slower, ideally we want to use slightly longer work intervals. These will allow you to get enough reps in for a highly intense workout. If you're an intermediate to advanced lifter, we recommend going for at least 30 seconds up to 1 minute. If you're a beginner, start smaller and work your way up. 3. Stick to the Optimal HIIT Ratio. For recovery, you can use shorter periods. As a general rule, anywhere from a 4:1 to 1:1 work-rest ratio is good. The only variable to consider is the total training time. If you want to use longer HIIT rowing sessions, stick to a 2:1 to 1:1 ratio. Since you're going for a long period, you need more moderate intervals. On the other end, use a higher ratio for your shorter HIIT sessions. These will be tough but will be over soon. 4. Use Easy Rowing For Recovery. When you perform treadmill HIIT, recovery usually consists of stopping your movement. However, the rowing machine can create issues with the flywheel. The heavier resistance used for HIIT can make the first few strokes difficult. This means you shouldn't completely stop during your recovery interval. Continue to row lightly so that when the work interval starts, you can reach your maximal effort easier and faster. Summary Of HIIT Rowing Workouts A HIIT rowing workout routine is a great addition to any training program. Bodybuilders can use it for cutting fat, while athletes can improve their conditioning. Literally, anybody will benefit from them. Plus, you don't need to spend a lot of time on a cardio centric workout to effectively hit your entire body. Five minutes is the minimum amount of time you need, but you can also go 30 to 45 minutes if you prefer longer workouts. If you really want to push yourself and experience a new training stimulus, get on a rower the next time you hit the gym. And if you don't want to head to the gym but still want to row, check out our article on the 7 Best Magnetic Rowing Machines, any of which are perfect for your home gym! If you're new to HIIT training or even if you're not, this 20 minute HIIT workout for beginners is nothing short of crazy. You're gonna get all the benefits of an intense, heavy HIIT training session with all the trimmings. Short On Time? Click Here To Grab The Ultimate list of HIIT Workout Finishers... Believe it or not, HIIT training is one of the quickest, if not the quickest way to get in the best shape of your life while workout out as little as physically possible. Don't believe me? Let's look at the facts... HIIT training causes an increase in fat oxidation. Put simply it is the repeated cycle of breaking down fat into smaller particles making it easier to get rid of. This is why HIIT is a hell of a lot better at burning fat than many other forms of training such as steady state cardio. Due to this fat oxidation and a drastic increase in fat loss. Our bodies are almost forced to hold on to, and in some cases even gain lean muscle when performing 2-3 HIIT sessions per week. HIIT training forces your body into an anabolic state. This is the same state your body gets into during and after a heavy lifting session and is the reason why many people that lift weights on a regular basis look so damn good. Intense HIIT sessions cause excess post-exercise oxygen consumption (EPOC). This basically means that once your workout is finished, your metabolism will increase your fat burning potential and calorie burn for the next 24-48 hours. Your aerobic and anaerobic threshold will improve significantly. Helping you perform better at a variety of other sports and activities that you never would have considered. It's going to help you build a strong solid looking physique that will grab the attention of everyone that glances your way. HIIT training is great for increasing mental focus and helping you push through barriers. Not just in fitness but also in your day to day life. Giving you move drive and energy than you ever thought possible. It's also gonna help you sleep like a baby. Improved sleep is directly linked increasing your energy levels, focus, and most important of all... ...Your happiness. The Bad News So as you can see, the benefits of HIIT are nothing to be sniffed at. But before you start cranking out burpees till you fall over and hit your head, let me just need to bring you back down to earth. HIIT training is really hard. And anyone who tells you otherwise is either a lier or they just suck at working out. The truth is, to get any kind of benefit from this type of training you have to push yourself 110% throughout each and every work interval that you take on. If you're just looking for an easy ride then this isn't it. You'd be better of taking up a less stressful form of exercises such as fishing or darts. Related: 51 HIIT Workout Finishers For Beginners 20 Minute HIIT Workouts For Beginners – Progression So now it's time to get down to business. I'm going to personally show you how to go from young HIIT apprentice to master of the dark side by showing you a few simple and progressive ways to move up to an elite level of fitness in as little time as possible. Essentially what we're aiming to do is break you in slowly. Starting you off with easier variations of certain exercises with longer rest periods. Then slowly but surely bringing in more complex, exhausting exercises while at the same time reducing your rest periods to fit more work into your HIIT sessions. So lets a look at some of the progressions you'll be working towards. Squats Progressions First, on our list of progressions, we have the king of lower body exercises the squat. On its own, squats are more than enough to give your quads a real beating. But since we're all about hard work, here's how to advance this movement into the ultimate leg exercise... Progression 1: Squats Progression 2: Jump Squats Progression 3: Dumbbell Thrusters I recommend that once you can complete at least anywhere from 40-50 squats in a row you attempt to move onto squat jumps. Squat jumps are essentially the same move like the squat. The only difference is the addition of an explosive jump at the top off the squat, landing with your knees slightly bent to absorb any impact. Here's a demo of squat jumps in action... Once you've got comfortable with squat jumps we're going to be taking things up a notch with dumbbell thrusters. Dumbbell thrusters are an awesome full body move that will test both your strength and conditioning throughout the exercises. Here's how to perform dumbbell thrusters... Lunge Progressions Lunges are another leg dominant exercise but with an added focus and the hamstrings. Here are the progressions we'll be looking at... Progression 1: Alternating Single Leg Lunges Progression 2: Alternating Jumping Lunges Progression 3: Weighted Walking Lunges Again, once you are able to perform 40-50 reps of each of these exercises then move on to the next one to keep progressing. Here's a video demonstration of each of the moves in action... Single Leg Lunges Alternating Jumping Lunges Dumbbell Walking Lunges Pushup Progression There are literally hundreds of push-up variations and progressions I could show you. But to keep things simple I'm going to be showing you 3 of my favorites that will take you from push-up novice to expert status in no time. Here they are... Progression 1: Standard Push-ups Progression 2: Alternating Uneven Push-ups Progression 3: Push-ups with renegade rows The uneven pushups are set up in the exact same way you would perform a standard pushup. The only difference is that you will be distributing more weight on one side of the body than the other making the pushup more difficult on one side. Continue to alternate sides with each and every push-up Like this... Once you've got uneven push-ups down it's time to move on the awesomeness that is the push-up with a renegade row. To perform this move simply hold a pair of dumbbells in each hand and set yourself into the pushup position. Perform one push-up and then perform one row with your left arm. Follow this up with another push-up followed by one row with your right arm. Continue to repeat the moves as demonstrated in the video below... Dips Progression Dips are my all time favorite upper body pushing exercise and for very good reason. Working both the chest and triceps they're awesome for adding into any HIIT routine. Here are the progressions... Progression 1: Bench Dips Progression 2: Parallel Bar Dips Here's how to do each move with proper form... Bench Dips Parallel Bar Dips Pullup Progression Pull-ups can be pretty difficult for new and sometimes even seasoned gym goers. These progressions should get you to where you need to be. Progression 1: Inverted Rows Progression 2: Close Grip Chin-Ups Progression 3: Wide Grip Pull-Ups The inverted row is the perfect beginner exercise to progress into a full-blown pull-up Here's how to perform an inverted row properly... Once you can perform anywhere from 10-15 reps of the inverted row with ease then you should be able to knock out at least a few pull-ups. It may take a little time but if you practice most days, then you'll soon be hitting double digits with each and every set of pull-ups that you do. Check out this pull-up progression video below... Burpee Progression Burpees are the ultimate conditioning tool for building a strong lean body. I can honestly say, you won't find another move that will kick your ass quite a much as this brutal exercise. Here are the progressions you'll be working through... Progression 1: In & Out Abs Progression 2: Squat Thrusts Progression 3: Burpees Related: Burpee Workouts For The Ultimate Badass As you can see, each progression adds an extra element each time to work up to the full burpee. It's hard to do many reps at first, but as you get better at performing the movements, your fitness level will skyrocket taking you to a level that you never thought possible. Here's How to perform each progression below... In & Out Abs Squat Thrust Burpees 20 Minute HIIT Workout For Beginners – The Workouts Beginner HIIT Workout So starting with the basics, this 20 minute HIIT workout for beginners is going to give you a good starting point as you venture into your journey of HIIT training. Here's the workout... 20 Seconds: Squats 20 Seconds: Rest 20 Seconds: Bench Dips 20 Seconds: Rest 20 Seconds: Inverted Rows 20 Seconds: Rest 20 Seconds: Alternating Single Leg Lunges 20 Seconds: Rest 20 Seconds: Push-ups 20 Seconds: Rest 20 Seconds: In & Out Abs 80 Seconds: Rest Repeat 3 more times for a total of 4 rounds Total Workout Time: 20 Minutes This is a great starter workout that's really gonna ease you into the whole process of HIIT training. I recommend performing this workout anywhere from 2-3 times a week for at least one month before moving onto the next progression. Intermittent HIIT Workout So now so now your fitness is on the rise we're gonna be taking things to the next level with this slightly more difficult HIIT workout. Here's how it's gonna go down... 30 Seconds: Jump Squats 10 Seconds: Rest 30 Seconds: Parallel Bar Dips 10 Seconds: Rest 30 Seconds: Close Grip Chin-Ups 10 Seconds: Rest 30 Seconds: Alternating Jumping Lunges 10 Seconds: Rest 30 Seconds: Uneven Push-ups 10 Seconds: Rest 30 Seconds: Squat Thrusts 70 Seconds: Rest Repeat 3 more times for a total of 4 rounds Total Workout Time: 20 Minutes This is gonna be a good test of both your strength and conditioning and will hopefully prepare you for what's in store for you with this next exhausting progression. Intense HIIT Workout So now we've reached the pinnacle of out HIIT workouts. If you can get through this next one then all I can say is congratulations you're the ultimate HIIT master. Here's the workout... 30 Seconds: Dumbbell Thrusters 30 Seconds: Parallel Bar Dips 30 Seconds: Pull-Ups 30 Seconds: Dumbbell Walking Lunges 30 Seconds: Renegade Row With Push-Ups 30 Seconds: Burpees 60 Seconds: Rest Repeat 4 more times for a total of 5 rounds Total Workout Time: 20 Minutes Wrapping Things Up The HIIT workouts above are just the starting point. If you want more then I highly recommend you take a look at these 51 Workout Finishers to really take you to the next level And remember... If your not nearly dead by the end of any of these workouts then you didn't work hard enough. Anyway, I would love for you to share your favorite 20 minute HIIT workout for beginners? Let me know in the comments below... High intensity interval training or HIIT is defined as short, intense, unsustainable bursts of physical activity, paired with intervals of quick rests. This type of intense training causes a sort of metabolic disturbance which can result in the body burning calories at a higher rate up to 48-72 hours later. HIIT can also increase metabolism, reduce insulin resistance, improve cardiac function, produce faster gains in endurance levels than steady state cardio training and can be an effective way to recruit/build type 2 fast twitch muscle. This type of training can be done anywhere and usually doesn't require equipment and may be more efficient in terms of time commitment. This type of training also burns more fat effectively than typical endurance cardio. The body has to heal after this type of training so it is not recommended that you perform HIIT every day - usually it is recommended to perform this type of training a maximum of 1-3 days per week (it's important to note that more is not better). This training program involves intense work periods that are performed at 80% to 95% of a person's estimated maximal heart rate which is the maximum number of times your heart will beat in a minute without overexerting yourself. The recovery periods may last as long as the work periods and are usually performed at a rate of 40% to 50% of a person's estimated maximal heart rate. The workout involves alternating between the work and recovery periods. Related: HIIT and strength training are two of the reasons why our programs are so effective: FB30 - 8 Week Fat Loss For Busy People: Lose Weight, Tone Up, Build Lean Muscle HIIT can be modified for people of all fitness levels and people with various medical conditions including being overweight and people with diabetes. HIIT workouts can be performed using various methods of exercise including bodyweight exercises, strength exercises, cycling, walking, swimming, or running or group fitness classes. HIIT workouts tend to burn more calories than traditional workouts and you can burn more calories during the post-exercise workout period. During the excess post exercise, oxygen consumption or EPOC which is generally about a 2-hour period after an exercise bout where the body is restoring itself to pre-exercise levels and using more energy. HIIT workouts tend to generate about 6-15% more calories burned during the EPOC period which adds to the overall workout energy expenditure. HIIT workouts are more exhaustive than traditional steady state endurance workouts. A longer recovery period is often needed. If you are going to start HIIT type training workouts it may be beneficial to start with one HIIT training workout per week and then as you feel ready for a greater challenge add a second HIIT workout during the week while still making sure you spread out the workouts and never do them on back to back days. When developing your own HIIT program you need to consider the duration, intensity and frequency of the work intervals and the recovery intervals. What should my rest and active HIIT intervals feel like? How do I know if I'm working hard enough? Intervals during the high intensity work period should be performed at > 80% of your estimated maximal heart rate. The work period should feel like you would describe your workout as being hard to very hard. If you use the talk test as your guide it would be very difficult to carry on a conversation. The recovery period should be performed at 40-50% of your estimated maximal heart rate. This type of exercise would be described as comfortable, to help you prepare for your next high intensity work interval. One example would be to do a ratio of 1:1 which may be a 3-minute hard work or high intensity period followed by a 3-minute recovery period. 20 on and 10 off is very popular. Another training protocol is where the exerciser does about 30 seconds of sprint or near full-out effort which is followed by 4 to 4.5 minutes of recovery. This type of combination can be repeated 3-5 times. These exercises are typically performed in shorter bouts. If you are considering giving HIIT a try make sure you are cleared by your physician or take a physical activity readiness questionnaire in order to determine if it is appropriate for you to begin this type of training. Written by L Augustyn, Physical Therapist FB Note: HIIT can be an enormous advantage for people trying to get healthy and lose or maintain bodyweight - and it's also a great time saver because it cuts out the need for lengthy workouts. It's important to note that "HIIT" can be relative to each of our own varying fitness levels. For instance, my "80% maximal heart rate" may be different from yours, as may be the types of exercises we are able to do to get to that heart rate level. HIIT can even be low impact or adapted to work for beginners, with the right types of exercises (low impact, add weights to increase challenge and difficulty) and intervals. Always talk to your doctor before starting into a program or workout that utilizes HIIT, just to be absolutely certain that it's safe for you. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. If you are new to fitness or you are simply stuck in your current mode of low-to-moderate intensity workouts, HIIT can be intimidating. You've probably heard about the countless benefits and you see all the best trainers touting HIIT workouts as the best kind of training for building and maintaining muscle while losing weight and fat in a time-crunched manner But you are still hesitant about starting. Maybe you don't know how to format a HIIT workout, maybe you don't know what HIIT exercises are good for beginners, or maybe you are just not motivated enough. In any case, and no matter what the excuse is, this post is here to get you ready for HIIT training. We are covering all the bases of HIIT, and the good news is, it isn't complicated. In fact, the concept and workouts are simple. However, HIIT workouts, even with beginner exercises, will be brutal. You've been warned. Table of Contents: What Is A HIIT Workout? Types Of HIIT Workouts HIIT Exercises & Workouts For Beginners: How To & Programming Tips HIIT Benefits How Often You Should Do HIIT Workouts HIIT Workout Results Best HIIT Beginner Exercises HIIT Workouts For Beginners HIIT Workout Schedule What is a HIIT workout? HIIT is an acronym for High-Intensity Interval Training. As the name suggests, HIIT workouts are very intense, and the rest periods are done using strict intervals. To simplify it, a hiit workout incorporates full-body, compound exercises, typically bodyweight exercises only, which are done in short, intense bursts, at nearly one hundred percent of your max effort, followed by short, sometimes active rest. For example, 20 seconds at max effort doing a full-body exercise like burpees, followed by 10 seconds of rest, and repeat this interval 20 times. That's a HIIT workout. HIIT workouts can use various work to rest structures, but the work time will rarely go over 30-40 seconds per set, as it is extremely difficult to go all out for more than that, not to mention, maintain that same effort over the length of the workout, which can range from 5-30 minutes (however, generally in the 10-20 minute range). To get sciency with it. A HIIT workout alternates work intervals of 85 to 95 percent max heart rate and rest periods that won't drop your heart rate below 60 to 65 percent max. If you aren't in this range, you aren't doing HIIT. If you have a heart rate monitor, you will know whether or not you are in this range. If not, then use your best judgment. You will know if you are pushing yourself to the max, but the rest period can get tricky, so when in doubt, keep moving (i.e. jog in place). Types of HIIT Workouts Here are a few HIIT workouts. Read through them, that way you will understand how to do HIIT workouts. Later in the article, we will show you the best HIIT exercises for beginners and we will provide a few more HIIT workouts... 1. Tabata: TABATA is probably the most famous HIIT protocol. It involves one full body exercise, done for 20 seconds at max effort, interspersed with a brief 10 seconds recovery. TABATA workouts typically last 4-10 minutes. So if it was a 10 minute Tabata workout, you'd have done 20 sets, which is 6.6 minutes of work. This allows a quick workout to pack a big punch. 2. Sprints: Sprint HIIT workouts are very straight forward. There are three easy ways to go about it. 8-second sprint followed by 12 seconds of jogging. Do this for 10-20 mins. 30-second sprint followed by 4 min run. Do this for 18-30 mins. Tempo run: 40-yard sprint, walk back to the starting line and repeat as soon as you reach the line. Do this for 10-15 mins. By definition, sprinting is running at full speed, which means you will be giving it your max effort at every sprint. Make sure to warm up with dynamic stretches and a few laps before doing sprints. Moreover, start your first sprint at 80% and work your way up to 90-100%. If not, you are at risk of an injury like a pulled hamstring. If you're looking for some sprinting inspiration, be sure to check out our HIIT treadmill workouts! Cycling: You can do HIIT workouts in similar ways with cycling on a stationary bike or on a road bike. We've got great HIIT recumbent bike exercises for you to check out. 3. 15/35, 20/40, 30/30: You can structure your work to rest ratio in various way. Just make sure you can give it max effort each set. So, you could do workouts that use 15 seconds work, 35 seconds rest or 20 seconds work, 40 seconds rest or 30 seconds work, 30 second rest. This is good for beginners. For more advanced fitness levels, you could do 40/20 (40 seconds work, 20 seconds rest). For these kinds of workouts, you can do circuits of various HIIT exercises or just one exercise. It's up to you! In any case, the goal is to get up to 90-95% of your max heart rate each set, then when resting, not let it drop below 65%. So the work-rest intervals should be according to that. You do the exercise(s) at max effort, then the rest is just enough so you recover to 65-75% of max heart rate, then you go at it again. This will allow you to reap all the real benefits of HIIT workouts. Is HIIT training good for beginners? HIIT training is great for all levels. It will be especially effective for beginners. You will see results quickly and they will be noticeable. So, just because you are a beginner to working out, you should still employ HIIT into your workout plan (2-3 times a week). The only difference between a HIIT newbie and a HIIT expert is an expert will have to work harder to achieve 95% max heart rate. This means different kinds of exercises are used for HIIT beginners than advanced HIIT trainees. That being said, many of the exercises are similar, just beginners can do slightly easier variations...i.e. half burpees instead of full burpees. Even with the same exercise, you can control the intensity. For example, an intermediate HIIT trainee may do burpees just like an advanced trainee, but the advanced trainee takes the intensity up a couple of notches by being more explosive. How do you do HIIT for beginners? HIIT for beginners is done in the same manner as HIIT for the more advanced. The workout structure is similar as is the effort and goal (reach near-max heart rate interspersed with rest of no lower than 65% max heart rate). The only difference between beginners and more advanced levels is how you achieve your max heart rate. This means HIIT beginners can do different full body, explosive exercises, which would be too easy for the more advanced and wouldn't allow them to achieve max heart rate. All in all, the exercises chosen for a beginner HIIT workout will be as difficult for the beginner as the exercises an advanced person is doing during their advanced HIIT workout. Again, the effort should be the same. Just the way to reach that max effort is different. HIIT Benefits HIIT workouts are very effective. For many of the following fitness benefits, High-Intensity Interval Training is the best way to achieve them. Burn a lot of calories in a short time. High metabolic rate hours after exercising (which also helps increase overall metabolism). Lose fat without losing muscle (can even gain muscle using HIIT while cutting weight if you eat a high protein diet). Improves oxygen consumption and blood flow to muscles. Reduces resting heart rate. Reduces blood pressure (mainly for those who are overweight). Lowers blood sugar levels (great for people with type 2 diabetes). Other benefits are: HIIT workouts are efficient, they can be done anywhere, and they don't require any equipment. If you are short on time but you want serious results, HIIT is the way to go. However, you shouldn't do HIIT every day as it will be too taxing on your body. You need to take the time to recover between HIIT sessions. Comparing HIIT Training to Traditional LIIT Weightlifting and Steady State Cardio: Let's consider the above as we compare HIIT to traditional fitness regimens that involve cardio and weightlifting. When comparing a 30 minute HIIT, weight training and running workout, research proves that HIIT is king for burning calories and improving metabolism. Although HIIT workouts are typically less than 30 minutes, if you did a 30 minute HIIT workout, effectively, you'd burn up to 3 times the amount of calories as you would with a weightlifting or steady-state cardio workout (research study). This means you could burn the same amount of calories as a 30 minute traditional workout in 1/3rd the time. As for metabolic rate, like weightlifting and jogging, HIIT increases your metabolic rate. However, HIIT workouts are shown to keep high oxygen consumption for up to 24 hours (which relates to your metabolic rate), whereas weightlifting and jogging typically only increase oxygen consumption for a short period of time after the workout (research study). HIIT workouts are comparable to traditional endurance workout in terms of metabolic rate, but they can be done in much less time. HIIT Programming: Length & Frequency HIIT workouts range from 5-30 minutes. However, HIIT is most effective in the 10-20 minute range. If you are a beginner to fitness, then aim for 10-15 minutes. If you are in good shape but new to HIIT workouts, go for 15-20 minutes. Push yourself with each workout. If your HIIT workout isn't killer, you aren't going hard enough. Ideally, you want to do 2-3 HIIT workouts a week. At a minimum, at least one. Your workout plan should include resistance training, cardio and stretching as well, so you will need to mix in HIIT workouts throughout the week in a manner that doesn't make you susceptible to overtraining. You need time to recover from taxing workouts. When to do HIIT workouts If you are doing resistance training and cardio, your weekly plan can look like this: Day 1: Resistance Training Day 2: Cardio Day 3: HIIT Day 4: Rest Repeat If you want to do two workouts a day: Day 1: AM - Cardio; PM - Resistance Training Day 2: Rest Day 3: HIIT Workout Day 4: Rest Repeat HIIT Workout Results If you are doing 2-3 HIIT workouts a week, along with resistance training, you can expect to see some fantastic results. Of course, a proper diet and enough sleep is needed for the best results and adequate recovery. You can start to see results from HIIT in as little as two weeks, but typically, within 3-4 weeks you should absolutely see some positive results. Again, this is dependent on your diet (the most crucial part of losing weight) and if you are doing proper HIIT workouts (not all circuit training is HIIT! Don't be fooled). What are the best HIIT exercises? In general, the following types of exercises are great for HIIT workouts: Burpees Mountain Climbers Sprints Tuck Jumps High Knees Lateral Lunges with Hops Box Jumps As you can see, explosive, full body exercises are what you want for HIIT workouts. If you are a beginner, some of these exercises can be too difficult, especially over the length of a HIIT workout. So, that's why we put together the best beginner HIIT exercises below. 18 Best Beginner HIIT Exercises Paulina Kairys presents 18 fat-burning HIIT exercises for beginners. Use these exercises to create a killer HIIT workout that will get you shredded, toned, and swimwear ready. See below for a list of these 18 beginner HIIT exercises (with timestamps) and a few beginner HIIT workout examples. 18 HIIT Exercises for Beginners: Tempo Squats (0:05) Lateral Squats (0:16) Squat to Inchworm (0:27) Up Downs, Low Impact (0:41) Up Downs, High Impact (0:55) Lateral Skiers, Low Impact (1:08) Lateral Skiers, High Impact (1:19) Shuffle | Reverse Lunge (1:30) Fast Feet (1:41) Elevated Push Up | Mountain Climbers (1:48) Butt Kicks (2:02) Lateral Shuffle (2:10) Bear Crawl (2:21) Power Lunge (2:33) High Knees (2:44) Jumping Jacks (2:53) Squat | Lateral Kick (3:04) Jab | Cross | Shuffle (3:17) Here are pictures for each of the above exercises, in order, and taken from the video above: 1. Tempo Squats Slow down, pause at bottom, explode up. 2. Lateral Squats Squat, step right, squat, step left, squat. 3. Squat to Inchworm Reach for the sky, squat, place hands down, crawl forward into a plank, then reverse. 4. Up Downs, Low Impact Like a burpee, but without jumping and push ups. 5. Up Downs, High Impact Like a burpee, but without a push up. 6. Lateral Skiers, Low Impact Jump laterally, back and forth with balance. 7. Lateral Skiers, High Impact Jump laterally, back and forth, with explosiveness and speed. 8. Shuffle | Reverse Lunge A reverse lunge then forward shuffle (skier jacks), repeat. 9. Fast Feet Small, quick movements/steps on the balls of your feet. 10. Elevated Push Up | Mountain Climbers One push up, then one mountain climber (both legs), repeat. 11. Butt Kicks Short, fast alternating kicking movements aiming to tap your heels to butt. 12. Lateral Shuffle Step laterally, bend down/squat to touch floor, repeat. Go in one direction for several reps before changing directions. 13. Bear Crawl Crawl on hands and balls of feet, while keeping back flat and knees off ground. 14. Power Lunge Reverse lunge with explosive concentric (upward) movement. Bring knee up high each rep. Alternate sides each rep. 15. High Knees Like running in place with an exaggerated knee height. Aim to bring knees up as high as your hips. 16. Jumping Jacks Everyone knows this. 17. Squat | Lateral Kick Squat then into a lateral kick as you come up. 18. Jab | Cross | Shuffle A shadow boxing move; just have fun with this one. 5 BEGINNER HIIT WORKOUTS YOU CAN DO ANYWHERE You now know the best moves. Now, it's time to plug those into actual workouts that you can perform anywhere. There's no equipment required for these routines! 1) 1-to-1 Circuit (10 mins total): Choose 5 exercises, following a 30-second work-to-rest ratio, completing two rounds. Below is a sample routine. Simply plug in the exercises of your choosing! Exercise Work (seconds) Rest (seconds) Tempo Squats 30 30 Elevated Push Up 30 30 Butt Kicks 30 30 Bear Crawl 30 30 Jumping Jacks 30 30 2) Tabata (4 mins total): This is as simple as it gets! Choose the hardest exercises for you (just one exercise), and follow a 20 seconds on/10 seconds rest format, for a total of 8 sets. 3) 40/20 Circuit (20 mins total): Choose 5 exercises, this time following a 40-second work/20-second rest ratio, completing 4 rounds total. Here's another sample workout for you. Use it as is, or plug in the moves of your choosing! Exercise Work (seconds) Rest (seconds) Butt Kicks 40 20 Tempo Squats 40 20 Lateral Shuffle 40 20 Mountain Climbers 40 20 Fast Feet 40 20 4) 20/10 Circuit (15 mins total): Following this template, choose 6 exercises and use a 20-second-work/10-second rest format. Complete 5 rounds total. Here's some beginner HIIT workout inspiration! Exercise Work (seconds) Rest (seconds) Fast Feet 20 10 Shuffle l Reverse Lunge 20 10 Lateral Skiers 20 10 Squat to Inchworm 20 10 Bear Crawl 20 10 Jab l Cross l Shuffle 20 10 5) The Run Through (15 mins total): Choose 15 exercises, and follow a 40-second-work/20-second-rest ratio. You can also do 35/25 or 30/30 to make it easier. Perform each exercise, one after the other, until all 15 are completed. Exercise Work (seconds) Rest (seconds) Tempo Squats 40 20 Fast Feet 40 20 Up Downs 40 20 Lateral Squats 40 20 Lateral Shuffle 40 20 Elevated Push Up l Mountain Climbers 40 20 Bear Crawl 40 20 Lateral Skiers 40 20 High Knees 40 20 Squat to Inchworm 40 20 Shuffle l Reverse Lunge 40 20 Power Lunge 40 10 Squat l Lateral Kick 40 20 Jab l Cross l Shuffle 40 20 Jumping Jacks 40 20 Be sure to push yourself as hard as you can with each of these HIIT workouts. Try not to rest at all during work time, but if you do, keep the position or just slow the tempo. Bonus Beginner Routine: HIIT Treadmill Workout We have another great HIIT workout that can be done on a treadmill. Be warned, this one is very intense and probably not best for beginners. Be sure to warm up first. Get on a treadmill, but don't turn it on. This workout will take 16 minutes. Holding onto the treadmill bar in front of you, press into the treadmill with all your power and start to sprint (again the treadmill is off, so you will be using all of your power to move the belt. Maintain a sprint with your hands on the handle). Sprint for 15 seconds, then rest for 45 seconds (you can also do 10 seconds sprint, 50 seconds rest). Do this for 16 sets (or 16 minutes in total). Enjoy treadmill training? Check out more great HIIT Treadmill Workouts! Related: At-Home Workout Routines for Beginners Hiit and Weight Training Schedule for Beginners Looking for a great schedule to follow? Look no further! Full Body Training Schedule Day Workout Description Intensity & Duration 1 Full Body Resistance Workout Moderate 2 Cardio (e.g., jogging, cycling, etc.) Moderate, 40 mins 3 HIIT Workout High, 10 mins 4 Rest N/A 5 Full Body Resistance Workout Moderate 6 Cardio (e.g., jogging, cycling, etc.) Moderate, 40 mins 7 HIIT Workout High, 10 mins 8 Rest N/A 9 Rest or Repeat from Day 1 N/A Upper/Lower Body Training Schedule Day Workout Description Intensity & Duration 1 Lower Body Resistance Workout Moderate 2 Cardio (e.g., jogging, cycling, etc.) Moderate, 30-40 mins 3 HIIT Workout High, 10 mins 4 Rest N/A 5 Upper Body Resistance Workout Moderate 6 Cardio (e.g., jogging, cycling, etc.) Moderate, 40 mins 7 HIIT Workout High, 10 mins 8 Rest N/A 9 Rest or Repeat from Day 1 N/A **NOTE: ALL HIIT WORKOUTS WILL BE CONSIDERED FULL BODY, BUT THEY DO TYPICALLY TAX THE LOWER BODY AND CORE MORE** For resistance training (weights or bodyweight workouts), a good goal for beginners is to do 8-12 sets for each muscle group per week. That's sets, not exercises. FAQs: Let's answer some frequently asked questions about HIIT workouts for beginners. Do HIIT workouts burn fat better than weight training and running? In terms of reducing fat, HIIT and moderate-intensity workouts both burn fat, but, again, HIIT does it in much less time. The additional benefit that comes with burning fat through HIIT is that you can maintain and even build muscle (research study). Can HIIT workouts build muscle? Gaining muscle through HIIT is not guaranteed, as other factors like diet and the individual's fitness level and body composition come into play, but it will surely be better for your muscles than steady-state running. The gold standard of building muscle is weight training. Is HIIT workout like cardio? HIIT is similar to cardio, in that it burns fat and improves endurance. However, HIIT is more like a hybrid of resistance training and cardio, but a lot harder. HIIT offers additional benefits that cardio doesn't, it is more efficient. Can you do HIIT workouts every day? As you can see, you won't be doing back to back HIIT workouts, as that is too taxing on the body, especially for beginners. Space out your intense workouts, and do some moderate-intensity workouts as well. Both are effective. Moderate-intensity weight training is great for building muscle. Also, add in some flexibility training throughout the week. Every few days, do a full body stretching routine. Just don't do it before a workout! Should I only do HIIT Training? While we compared HIIT to weight training and cardio, we are not recommending that you only do HIIT workouts. An ideal workout plan will incorporate weight training (or resistance training of some sort - i.e. bodyweight calisthenics), HIIT, and cardio. They all have their place in fitness. Utilize HIIT for burning fat, boosting metabolism, and keeping your body in tip-top shape; include resistance training for hypertrophy and strength; and perform cardio for endurance and a healthy heart. And when in doubt, it never hurts to enlist the help of a certified personal trainer to make sure your program is well rounded. HIIT Workouts For Beginners: Final Takeaways If you're ready to get in shape quickly and burn calories like crazy, a HIIT workout plan is just what you need! Remember, it's going to be hard, but the best part is that it isn't going to require you to spend hours exercising to see results! Pair these routines with resistance training, some LISS cardio, and a healthy diet, and you'll be well on your way to meeting any goals you may have. Battle on! Interested in more great HIIT workouts? Check out the 6 Best Fat Burning HIIT Workouts For Weight Loss, HIIT Workouts For Women, and the Best HIIT Rowing Workouts! 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